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THE BOSTON COOKING SCHOOL MAGAZINE

OF CULINARY SCIENCE & DOMESTIC ECONOMICS

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Vol. X. JUNE–JULY, 1905 No. 1



Wedding Cake decorated with candied roses, rose and mint leaves

THE BOSTON COOKING SCHOOL MAGAZINE
372 BOYLSTON ST. BOSTON MASS.

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THE

Boston Cooking-School Magazine

OF

Culinary Science and Domestic Economics.

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JUNE–JULY, 1905 — MAY, 1906.

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Bill of Fare

At Teacup Inn, Washington, D. C., April 28

ARTICLE	PRICE
Vegetable Soup	$0.15
Chicken Bouillon	.15
French Chops	.35
Club Steak	.40
Roast Beef	.35
Creamed Chicken and Rice	.35
Devilled Crab	.25
Veal Cutlet, Tomato Sauce	.20
Macaroni Cecils	.15
Creamed Spinach	.10
Potatoes, Mashed or Lyonnaise	.10
Chicken Salad	.40
Fresh Tomato Salad	.25
Crab Salad	.20
Sliced Cucumbers	.10
Hot Rolls	.05
Pie, Apple, Rhubarb	.05
Wine Jelly with Cream	.15
Vanilla Ice-cream, Strawberry Sauce	.15
Fruit Sherbet	.15
Strawberries	.20
Cake	.05
Pot of Tea, Chocolate or Coffee, Bread and Butter	.20



BREAKFAST TABLE LAID FOR TWO

The

Boston Cooking-School Magazine

Vol. X. JUNE–JULY. No. 1.



Near the Produce Exchange, Havana.

Notes on Food and Diet in Cuba

By C. F. Langworthy, Ph.D.

A VACATION visit to Cuba offered an opportunity to gather some information regarding foods, markets, methods of cooking, and related topics. The time spent in the island was short, and it is recognized that the subject could not be studied thoroughly. Fortunately, our party were able to meet a number of Cubans and Americans, who had resided some time in Cuba, and were well informed and able to give accurate information. One of these gentlemen was connected with the Department of Charities and Correction, and had for a long time been interested in all problems pertaining to diet, and especially diet in public institutions. Much information regarding trade conditions was obtained through an American, who was the representative of a large New York commercial agency. Data were also secured from leading Cuban merchants and from Americans of long residence in the island.

With the exception of a short visit to Matanzas and Guines, the time was passed in Havana, so that what is said of markets, etc., applies especially to that city. However, so far as could be

learned, dietary conditions are much the same in all the large towns of the island.

Havana contains many grocery stores, large and small, and markets each merchant having a small space for the display of goods; and the variety shown is very large. This method renders it possible to transact a large amount of business in a short time.



Kitchen of a Private Hospital

where fruits, vegetables, meats, fish, etc., are sold in much the same way as at the Washington Market in New York or the Centre Market in Washington. The principal market was located in an old building; but the stalls seem well arranged, and the whole place was orderly, and appeared to be in good sanitary condition. In fact, the whole city of Havana was noticeably clean in this respect, being superior to many American cities.

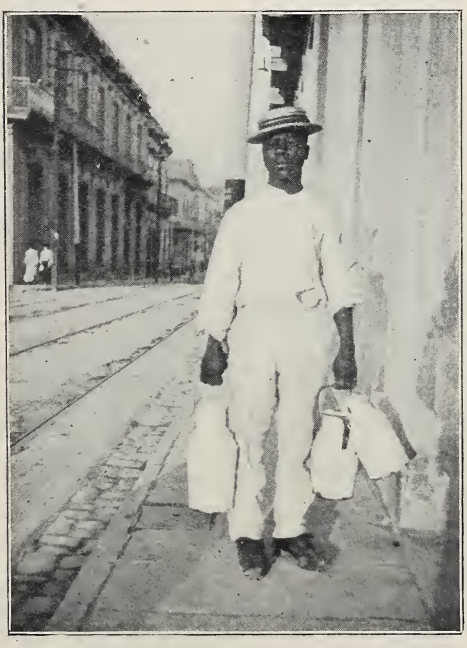
The bulk of the food consumed in Cuba is imported, Spain being apparently the most important source of supply. This is to be expected, as a people of Spanish descent would naturally have the tastes and habits of the mother country. American firms were well represented, and the provision trade with the United States is growing. Importers and wholesale and retail merchants meet every morning from eight to ten at the Produce Exchange, where goods are sold by sample,

The food supply of Havana impresses a visitor as being very varied. The island furnishes many vegetables and fruits, rice and corn, cocoanuts and other palm nuts, while the rivers and seas supply a large variety of fish, crustaceans, shell-fish, etc. Some dairy products and meat are produced on the island, although a large proportion of the meat used at present is imported. Practically, all the flour used comes from the United States. Rice, which is a staple article of diet, appearing every day on the table of a large number of the inhabitants, is imported in great quantities from the East, via England, as the amount produced locally is far from sufficient to supply the demand. Much rice, also, comes from the United States. Macaroni, chick peas, lentils, and many varieties of beans are imported, some beans and peas from the United States, and the other articles mentioned mostly from Spain. Among dried beans were no-

ticed frijoles, Windsor beans (which were called Limas), red, black, and white beans, similar to the common American varieties, and dried peas, which were apparently our ordinary field peas, dried before they were ripe.

Several sorts of macaroni and other forms of Italian paste of local manufacture and fine appearance were noticed.

From Spain the Cubans import dried pigs' feet, cut so as to include a considerable part of the ham or shoulder, dried snails, and dried smoked fish, a very fine fish product being packed in round boxes, the top layer forming a design or pattern. The dried snails were packed in narrow, deep baskets. Dried shrimps come from New Orleans; and large quantities of American canned meats were found on sale, as well as dried codfish from Newfoundland. From South America jerked beef in narrow strips is imported in large quantities, and forms a very important part of the diet of the masses.



A Milk Boy.

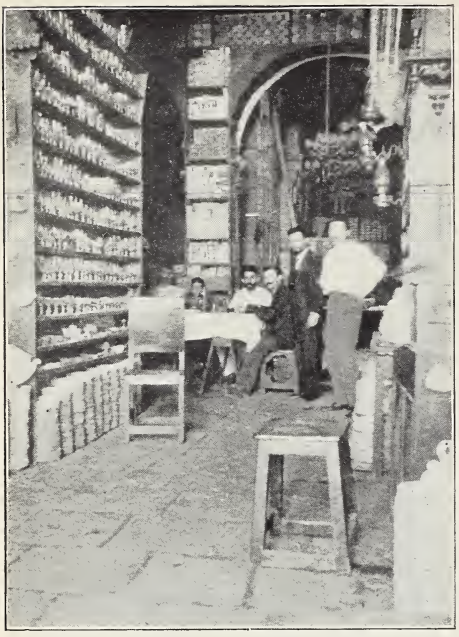


Milk Cans at a Country Station

Some beef cattle are raised in Cuba, though to less extent than formerly, and numbers of large, lean, black pigs, apparently of the razor-back variety, as well as many goats. No sheep were seen, but goats' flesh is very often served as mutton. Poultry and eggs seemed abundant.

Quantities of fresh fish, mollusks, and other invertebrates are eaten. In addition to numerous varieties of fish, oysters, large and small shrimps, crawfish (called lobster at the hotels) and crabs, squid was noticed, and seemed quite abundant. The tentacles are cut in sections, and, when fried, are quite palatable, the flesh being white with a purplish-pink tinge, and the flavor not unlike scallop. Indeed, all the fish and the shrimps and the crawfish were most excellent. The native Cuban oysters, which are of moderate size, were not very satisfactory. Some oysters are imported from the United States.

Both goat's and cow's milk is used in Cuba. The animals are sometimes driven through the streets, and milked at the door. Sometimes the milk is delivered, being carried in large cans in panniers on the backs of donkeys and mules. In Havana there was, at this time, at least one dairy with modern equipment, where pure milk was guaranteed. So far as could be learned, it is the almost universal custom in



Breakfast in a Large Shop, Havana

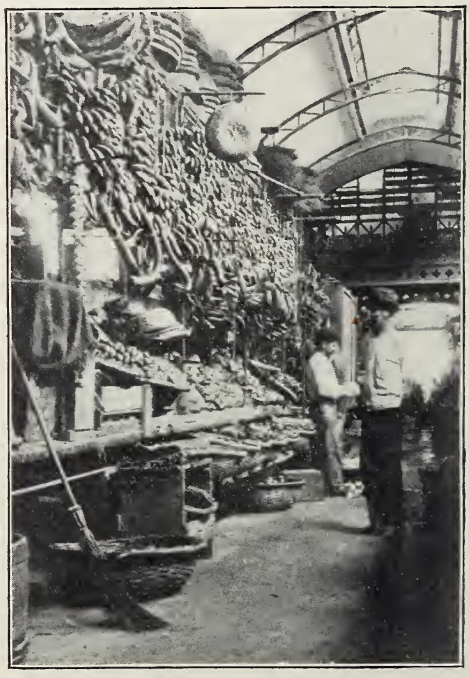
Cuba, as in Germany and elsewhere in Europe, to serve milk hot,—a wise precaution, if there is any doubt as to the healthfulness of the supply, as, of course, disease germs would be thus quite generally destroyed. Large quantities of condensed milk, including American brands, are sold, the advertisements of this class of goods being among the most common street signs.

Butter is high in price, and generally of an inferior quality. A considerable quantity is imported from the United States, the Chicago packing-houses and doubtless others supplying it, packed in sizes suited for the special market. Much Danish canned butter is also offered for sale. The Cubans demand a butter of about the same color as is sold in the United States, and not the deep reddish-orange sort preferred in some parts of South America. An American resident said that he obtained most excellent butter from an Havana merchant at 60 cents per pound, and that the butter was made at one of the New England agricultural experiment stations.

Cheese is a popular food with the Cubans, American and other imported cheeses being eaten, such as Gouda, Swiss, American Cream, Roquefort, Holland, Brie, Camembert, and a variety resembling Neufchatel. A white cheese of Cuban manufacture, much served at the hotels at dessert, was found to be of good flavor. It is eaten with guava jelly, paste, or marmalade, —a combination which is very popular with Cubans and foreigners.

Lard is a common culinary fat, and is imported very largely from the United States. Oil, especially olive oil, is much used for dressing salad and for cooking purposes, and is quite cheap, 25 cents, Spanish, being the price of a good-sized bottle.

The list of vegetables is large, including potatoes, sweet potatoes, yams, teyote, taro, corn, radishes, peas, beans, tomates, lettuce and other salad plants,



In the Havana Market



Carrying Home the Marketing

egg-plant, squash, etc. Most of the garden truck used in Havana is raised in the near-by country by Chinamen; and there has been a good deal of agitation regarding the use of night soil as a fertilizer, such material being obviously a possible source of bacterial contamination. A very important plant in tropical America is the plantain,—a variety of banana with fruit six or seven inches in length, and green in color when ripe. The bunches of fruit are large. Plantains are not eaten raw, but are much used as a vegetable, great quantities being found in the markets. They are generally fried, and are more solid and firm than fried bananas. When cooked they have a less pronounced flavor than bananas and are most excellent. Judging from their appearance, plantains could be readily sent to our Northern cities if a taste for them could be formed. They are now sold in New Orleans and, doubtless, other Southern cities, and are well worth a trial.

It was interesting to learn that large quantities of garden truck, especially potatoes, egg-plant, and tomatoes, are raised for export to the United States, and to see the well-managed farms devoted to this industry. The warm, damp air in the fields seemed almost like that of a hot-house. Near Guines many such farms were seen, which were apparently in the hands of Americans; and there are, doubtless, many others in different parts of the island.

Cucumbers, it is said, do not succeed well out of doors. They seem common in the Havana hotels and restaurants, but were generally raised in glass houses. It has been suggested that for some reason the blossoms are not readily fertilized when they grow out of doors.

The squashes noticed in the Havana market resemble the variety we know as "winter squash," and were commonly sold in sections. Onions and garlic were very abundant, the latter being generally imported.

The list of common vegetables in the market throughout the year is undoubtedly much larger than the above, though in a country of perpetual summer there is, of course, not much necessity for limiting crops to any one season of the year.

Corn is raised to a considerable extent, and is eaten green and ripe. The green ears are boiled or roasted. Apparently, both processes are sometimes followed, the ear being first boiled, and



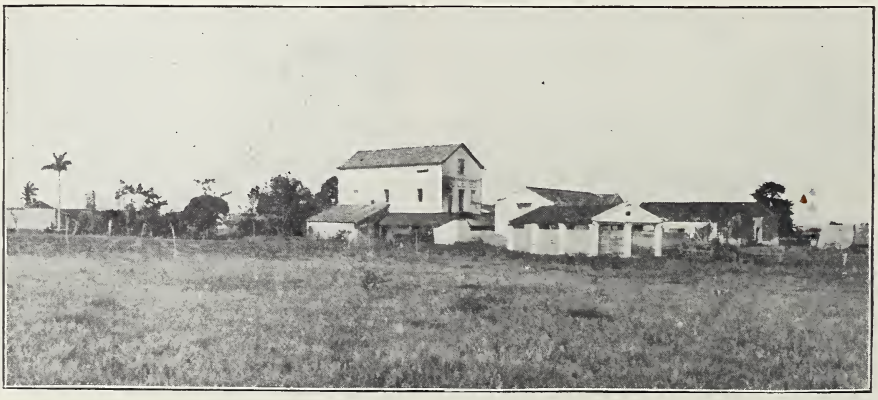
In the Produce Exchange



A Kitchen at Guines, showing the Brick Stove

then roasted. A well-informed Cuban stated that large quantities of these cooked ears were eaten; and another friend said that the cooked ears were frequently seen in Cuban houses, and that members of the family would eat a few kernels at a time, in much the same way that Americans eat popcorn or peanuts, implying that the maize in the ear was, in his opinion, a food accessory rather than a staple article of diet. The ripe maize that was noticed was a dark bright yellow in color, and quite flinty, though evidently not of the type known as flint corn. It yields a granular meal of good appearance.

In the spring common Cuban fruits are oranges, bananas,—especially a small, highly flavored variety,—pineapples, *mammee sapotas*, sour-sop, cherimoyer, and sapodilla, all these being very common in market, as are American apples and pears. In March guavas were just coming in season, as well as alligator pears, the early spring varieties of the latter being shipped from Mexico. The alligator pear is a very popular fruit, and later very abundant. It is coming to be appreciated in the United States. Perhaps, excepting this, the *mammee sapota* seemed the most satisfactory fruit not commonly found in our Northern markets; and it is probable that a demand could soon be created for it. In flavor it slightly resembles a muskmelon, and seems desirable as a breakfast or a dessert fruit. It is commonly eaten in Cuba at dessert or out of hand, and is much liked. Specimens were purchased in the Havana market on Saturday, and carried in a basket, without special precautions to keep them cool, to Washington, D.C., reaching there the following Thursday, and were found to be in fairly good condition. This would indicate that, with special precautions, the fruit might be transported to our Northern markets, if gathered under-ripe. It has often been brought to the United States, though never in considerable quantities.



A Rice Mill in the Country

(*Continued in Aug.-Sept.*)

The Habit of Pat

By Kate Gannett Wells

DON'T "get a habit of pat," said the artist William Hunt to his pupils,—"patting little lines that don't mean anything." And so say we, all of us, about many other affairs than that of drawing, secretly enjoying, however, the gentle sarcasm of the great teacher at the half-closed eye and uplifted pencil by which the self-conscious tyro in art would measure distance and transfer his impressions to paper in weak, dotted lines.

"Patting" is such an expressive word for the attitude of mind which cannot seize hold upon emergencies, that dares not be a lover bold, that crawls out of embarrassments, and is never ready to be definite. In social life it means the perpetual smile, the affable bow, the wordy compliment, the mincing, fawning tread, and the never having a mind of one's own. A "patting" wife is aggravating, and a "patting" husband is unendurable. A patting woman is always altering her dress just to keep in the fashion; and a patting man always soothes himself by thinking things will come out right, but never takes the trouble to make them do so. Worse still, a "habit of pat" makes either man or woman a swipe, trying to get in a roundabout way what either may want.

In education, this habit leads to subterfuges, which, if not successful when practised on one's teachers, is at least demoralizing to one's self, as one accepts half-knowledge, make-shifts, evasions, lazy work, excuses galore, for the hard work of real study, for the exact statement of exact fact. True that we see as we are, only the habit of pat diminishes our ability to see correctly. "Don't make lines until you think you know where they belong, then go ahead," added Hunt. But, if we twist ourselves into thinking we see truly, because we are tender-hearted or diplomatic with ourselves, then we shall never see the real thing, never draw the firm line; for all our doing and thinking will be in little dabs.

A habit of pat in the home means weak praise of one's children to save one's self the trouble of finding fault, in indefiniteness in moral issues, calling what is a downright lie a mere exaggeration, blinking at little deceptions because they were kindly meant, and excusing selfishness on account of fatigue. A small boy was left in the care of an old nurse, who, to amuse him, offered him some raisins, which his mother had forbidden him to eat. "Never mind, she needn't know," urged the nurse. "I am ashamed of you, Sally," he answered; for he would not be patted. When that boy was a famous preacher, his little daughter told a half-truth; but neither his love for her nor her pleading induced him to condone the offence. He would not pat her in her sorrow, lest he weakened her truth. And she, in later years, suffered not her daughter to pat herself as excuse for exaggeration by calling it brilliancy; and that girl is now square in all sport. Heredity counts.

Often it may be hard for a mother not to yield to the desire to shield her child from the results of its mistakes. Yet such yielding lessens its birthright to self-control; for our children must learn that stalwart rectitude and jolly good times can go together, if one does not fall into the habit of patting.

Patting in politics or official life, from women's committees to legislative bodies, leads to sinuousness and graft, as the habit extends from pri-

vate to public life. We may call our patting relatives polite bores, and our official superiors spoilsmen; but, all the same, it is the lack of clear seeing and of unwillingness to call things by their right names which makes us prefer transient ease to permanent good.

The patting of one's self is a state of self-satisfaction very different from a cheerful good sense or an acknowledgment of tired mistakes. It is a kind of mental jugglery, a sleight-of-hand trick with one's self-consciousness. It also begets "self-reinfection," as is said of certain physical diseases,— a disagreeable phrase, but as true of the mind as of the body.

Yet William Hunt's entreaty is two-edged in its strenuousness. It is Don't and then Do. His words do not leave us floundering. See clearly, then "Go ahead"; and to what heights the two commands, lead! They made alike Michel Angelo, the sculptor, who transferred his perfect knowledge of anatomy to marble, and the modern teacher of a group of models, or of sloyd, or of arts and crafts, work. For it is the clear perception of that for which we strive that produces honest work rather than futile ambition, and emphasizes for us the value of home life and daily housekeeping.

I say to myself, Don't pat, when I am dusting carelessly, or feebly kneading the bread, or rushing the fire so as to roast or bake quickly what should be cooked slowly. Don't pat, I again say, when I want to baste instead of sewing firmly, until the artist's command is for me translated into the every-day mandates of: Don't half do things. Don't fall into the slough of self-deception, lest my housekeeping result in ill-prepared food and uncomfortable rooms. Select my menu with care, then go ahead in its cooking. Don't dust till I have swept. Don't buy what I can't use. Calculate on my wants before I satisfy any one of them. Don't half-read good books. Don't whitewash wrong-doing. Don't call merely unmoral that which is immoral.

And then I add, See clearly, so as to keep the sense of proportion in life. Blame neither others nor myself without charity. Remember the words of Rev. E. A. Horton, who defined heredity as that for which one blames his parents, and environment as that for which one blames his wife and children. True as is the terse epigram, let us rather make our own heredity, and conquer bad environment. Don't pat one's self into pity for the first or into laziness for the other. See clearly, go ahead, and make one's mark.

A Singing Philosopher

By Helen Knight Wyman

Whatever Fate to me may say,
A cheerful courage wins the day.
So, if she fills or spills my cup,
I'll sing to keep my courage up!

When things have gone from bad to worse,
I sing aloud this little verse,—
"How glad, my heart, you ought to be!
Things aren't so bad as they *might* be!"

But, when they're bad as they can be,
My heart is lightened wondrously;
For to myself I sing this verse,—
"Things are so bad, they *can't* be worse!"

Some Suggestions for Summer

By Mrs. A. D. Smith

"REST means change. There are so many things housekeepers never have time to do. I do all such things in the summer, and have a lovely time visiting myself, if I don't go away." So said a dear friend of mine, as she sat on the shaded porch one beautiful June day, with a big cretonne sofa cushion on her lap, and finished the last few threads that sewed it into its new dress.

Knowing her habits and her home, which is the very epitome of comfort and tasteful arrangement, I gather up the threads of the story she told me, that her plan may weave a suggestion for some who may see these words.

This woman stays at home most of the summer. Sometimes she goes away for a week, but that cannot always be arranged; yet she, as well as the idler at this or that dreaming spot, forgets life's customary routine, and takes two months' rest at home. She cuts out from her day all duties outside the house as if actually away. Breakfast is at half-past seven. A light lunch in picnic style on the piazza or under a tree is the mid-day meal; and, when I say light, I mean bread and butter, fruit, milk, or tea or chocolate. No table is set, save on special occasions or when the day is rainy. Dinner is at five o'clock. This plan may seem strange, but try it for a change, and see. There is a sense of freedom the better part of the day; and, with dinner over, the long, pleasant, cool evening finds you its guest.

This housekeeper shuts her eyes to the fact that she is at home, and visits her house. She looks critically into every nook and cranny, and does at least one thing a day, to remedy defects or make her home prettier in some way. "This room isn't just right. I will change it—so. Now that portière is really too hopelessly shabby. I will make a new one for my next embroidery," etc.

Then she has beautiful times of dreaming and planning, lying in the hammock. She embroiders, she reads, she plans gifts and luncheons unto the autumn. She passe-partouts all the pictures she has put away, and does everything she is "going to do some day."

Why not try this plan, housekeepers who cannot go away in the summer? Give more close and loving touches to your house than you have time to do in the busy months. Live differently, dress simply, give yourself some real liberty, freedom from responsibilities and social routine. Take the trolley car into the unexplored suburbs of the town in which you live, and carry with you the stupid stocking-bag, with its week's mending. The task will seem a different thing when done by a babbling brook.

If you do go away to the seashore or the mountains, take one trunk that holds spare room unto your returning; and you can make new thoughts for decoration of your house or gifts to your friends that would never occur to you at home.

At the seashore, gather shells that please your fancy, the fisherman's net that is worn and discarded, and the many-colored pebbles that the ever-ceaseless waves wash in at your feet. Dried sea moss is used by many for packing china instead of the common excelsior. Does not this whisper a suggestion to the lover of sofa cushions, that they might easily be stuffed with this gift from the sea?

Many kinds of seaweed may be pressed and afterward draped by invisible stitches on bright-colored mats. These make novel picture frames for the water colors that every amateur artist will bring home with her.

With pebbles can be made the prettiest of tiles, or with them crude pottery may be ornamented. Mould pitchers, jars, bowls, jardinières, etc., out of clay such as sculptors use, and embed in the surface the little stones in mosaic effect. A coat of varnish over all will give a polished surface. For mosaic tiles to rest tea or chocolate pot upon, take a small square cake-pan, the size of the tile required. Thoroughly grease the inside of this pan, and lay your pebbles down in any pattern or design, until the bottom is covered. Many different-colored sealing-wax are required next. These are poured, molten hot, amidst the small crevices of the pebbles. First a bit of red, then blue, green, etc. Be sure that the wax is hot enough to penetrate to the bottom of the pan, and work quickly, that the colors may blend in hardening. When all is done, the pan will turn out a pretty tile that is well worth the trouble.

Mosaic picture-frames may be made in the same manner with a Turk's-head tin, to get the hole in the centre. Round tiles can be made by using small round pans, etc.

Many a pretty gift can be made with sea-shells as a foundation. Sand-papered and polished, they make nice little saucers for dessert, or fruit at a luncheon, where Novelty is the mistress who sets the table.

Fish-nets used as curtains are not new, but they are pretty; and effective table covers, with a fringe of dangling shells, make charming souvenirs of the seashore for dens or studios.

To the housekeeper who gathers ferns in the country, as to the one who seeks the seaweed, I can only say, "Press them." The large ones will make the most lovely wall-paper designs, either as a frieze or wainscoting effect, by pasting to a wall of solid color, and varnishing slightly. A plain painted wall can be made a thing of beauty in this way. The little ferns, pressed, make dinner cards, or this or that fancy for favors or souvenirs.

Bring home from the country birch bark, bittersweet, pressed flowers, and discarded bird's nests, dried grasses, etc. The memory of the country and clever fingers can weave them into many a unique Christmas or birthday gift, or their presence may be the one touch needed on Hospitality's table.

So make the summer give you of its bounty.

Be idle awhile each day, for that is good for the body; and change the routine of work, and give yourself some unwonted pleasure, for that is good for the soul.

It will soon be summer, and Nature will rest. Rest with her.

"The winds of God shall sweep the clouds
Away across the sky,
And all the shades shall be dispelled
That in the valleys lie;
And, though these shadows linger still,
The heart with rapture thrills,
That while we wait and work and pray
The light shines on the hills!"

A Japanese Sandwich and its Background

By Helen Campbell

THAT a report of the United States Bureau of Fisheries should land us in Japan, face to face with an unknown order of sandwich, is the unexpected fact which compels another meditation on the characteristics of a people we have long called "heathen," but who, in the eyes of all the world, stand now for the noblest traits human nature owns. There is a gentle irony in the words of the Japanese minister: "We have for generations been sending you exquisite works of art, and you called us 'heathen.' Now we have killed some seventy thousand Russians, and you call us 'highly civilized.'"

The issue thus raised cannot be dealt with here; but there are other phases of the great conflict which have a bearing on the work of the cooking school, no matter where it is found. Whether conquered or conquerors, the Japanese stand to-day as teachers of the whole world, their supposed ignorance of foods and dietaries suitable for such a campaign having been proven a wisdom no civilized nation has yet attained. Our own senseless army rations for forces in the Philippines and in Cuba demonstrated the general lack of understanding that marks our handling of the food question in most of its special aspects; and even now, after a year of demonstration as to the efficacy of Japanese methods, discussion as to how we may apply them is just beginning. In the mean time their methods, with life for sick or well, in food, drink, general hygiene and sanitation, have taught every nation that owns a standing army some lessons never learned, and others still to be studied. Nothing has more deeply emphasized the quality of their knowledge than the extraordinarily low death-rate from general diseases in a campaign, whose list of dead and wounded in battle for both sides outnumbers anything on record since war began. Yet soldiers subsisting for long periods on parched rice and a little dried fish have borne incredible hardships, and faced each new emergency with health and vigor untouched, it seemed, by any deprivation. Near the base of supplies full variety was certain, but no lack of it hindered effective work. In this variety were found various forms of *kanten*, and this brings us to the beginning of the sandwich.

Kanten itself is a purely fanciful term, so far as its application to the thing in question is concerned. It means cold weather; and the Japanese, who like fanciful terms for the commonest objects as heartily as they like beautiful forms and decorations, call it so because it is usually made from December to February. For *kanten* is simply the jelly made from boiled seaweed. Its gathering season is from May to October, but July and August are the best months. It is a deep-sea product, collected from the rocks by divers; and the seaweed is dried on the shores, bleached slightly, and then sold to the manufacturers, who, in various rather elaborate processes, produce at last the *kanten* as handled in commerce. All foreign substances must be removed; and this necessitates much handling, washing in running water, etc., and the spreading on bamboo or reed scaffolds for bleaching. As they dry loose, meshed sheets are formed, which are presently rolled and boiled in fresh water, the gelatine falling in a thick, pulpy mass. Several heatings and strainings follow, each time through a finer mesh, till the jelly is ready for the trays, two feet long,

one foot wide, and three inches deep, and all arranged in rows in the open air, resting on low supports. Several days are required for the perfect congealing, and a north-west wind brings the best results. At a certain point in the drying, the cutting into squares of various sizes is done by means of oblong iron frames the shape of the drying trays, and divided into squares of several sizes. Sharpened edges are on one face of the frame, which is inserted at the side and drawn over the face of the jelly. The bars are then put, one by one, into a box a little larger than themselves, with a coarse-meshed wire netting at one end, and a wooden piston fitting this box is pushed against the bar of jelly, sending it through the grating in the shape of slender sticks; these and the blocks are subjected to further drying, and then are packed very closely for sale.

Kanten, whether in blocks or little sticks, is pearly white, semi-transparent, tasteless, and odorless, and, like other forms of gelatine, swells only in cold water, requiring boiling water to dissolve it. The Japanese use it in countless ways, considering it far superior to any animal isinglass. It is the foundation for many forms of jellies, and is used in candies, pastry, and cakes. In the sizing of textiles and the stiffening of the warp of silks it is invaluable, and, also, in the clarifying of all liquors, in the making of moulds needed by workers in plaster of Paris, and in the scientific world as the best medium for all bacteriological work, the purest grade of stick *kanten* being required for this purpose.

Side by side with this form of deep-sea food is another known to the Japanese as *amanori*, the prepared product being called *asakusanori*, this being regularly planted and cultivated, no other country in the world practising this form of agriculture. To grow it successfully, the ground is prepared for the seaweed crop by sinking, in the muddy bottom of water ten or fifteen feet deep at high tide, bundles of brush or bamboo, for which holes have first been made by fishermen with a conical wooden frame, having two upright handles by which it is forced into the ground. The spores of the seaweed become attached to the twigs, and grow very rapidly, being cut from January to March, and requiring fresh planting each season.

Before the dried *amanori* is eaten, it is put over a fire to crisp it, and in this process the color changes to green. It is then ready for use, and, crushed in the hand, is put in sauces, broths, etc., as flavor, or the pieces are dipped in sauce and eaten alone. But the favorite form, found throughout Japan, for sale at street stands, at railway stations, in street push-carts, and in equal use in private houses, is known as *sushi*, the Japanese sandwich; and it is far more digestible, more savory even, American eaters assert, than the average sandwich of our own railway stations, though our standard is happily rising.

On a thin sheet of the *amanori*, which takes the place of bread, a thin layer of boiled rice is spread, and on the rice strips of well-seasoned meat or fish. The sheet is then rolled like a jelly-roll cake, and slices are cut from it in the same manner, the whole forming not only a savory, but extremely nourishing form of food.

With our enormous variety of food supply, we may not find it necessary to take to the cultivation of either *kanten* or *amanori*, though we already import large amounts, the vegetarian preferring it to animal gelatine, while it has a nutritive quality entirely lacking in the latter. A Japanese tea, then, may easily include the *amanori* sandwich in its menu, and so offer a fresh surprise to the jaded palates of the surprised guests.

A Wedding in the Island of Maarken

By Anna Pitt Walls

IT was a bright Sunday in June that I chose for my visit to the little triangular island of Maarken, situated in the Zuyder Zee, whose inhabitants, according to Washington Irving, have settled conclusively the long-disputed question concerning the situation of the Garden of Eden.

Enclosed by a broad dyke that keeps out the encroaching waters of the Zee, these fishermen, with their families, live their quiet lives. The serpent of discontent and envy has not as yet penetrated their dykes, the spirit of unrest and greed has found no abiding-place within those peaceful breasts. Many of the women, and some of the men, have never ventured beyond the narrow limits of their island; and their clothes are fashioned in the same manner as were their mothers' and grandmothers' before them.

An air of unusual excitement prevailed over the community on the day of my visit. The young wives, with their babies in their arms, had congregated by the roadside, and were so deeply engrossed in the interesting ceremony about to take place that they paid no heed to the stranger within their gates, though they are wont to hide behind sheltering doorways when foreign women come to stare at them.

Following the direction taken by the various groups, I found myself in front of the village church; and when, a few minutes later, a young couple in holiday attire entered, I knew instinctively it was a wedding that had so moved the calm of this stolid Dutch peasantry.

The little bride was most picturesque, her dark stuff skirt, over a white petticoat, was just short enough to show her feet, encased in blue knit stockings and leather shoes, with silver buckles. A white spencer, over which was a bodice, or corselet, green in front and red behind, heavily embroidered in gold and silver thread, completed her toilet. These bodices are works of art. The embroidery is gorgeous. It takes years to finish one, and they are handed down from mother to daughter as heirlooms.

Like all the women of the island, old and young, the bride wore a white cap, covering all the hair except a square bang in front and a long yellow curl on either side of the face. The groom's knickerbockers stood out in proverbial Dutch fashion. He must have had at least four pair under them. He wore a striped waistcoat over a red shirt, a long silver chain and collar buttons, also heirlooms.

The bridal couple approached the altar entirely alone. The burgomaster met them there, addressed a few remarks and questions to them, then extended his hands in blessing, and greeted first the groom, then the bride, and another Adam and Eve had entered the enchanted garden. Quietly, with not a word or sign to or from any one, they turned, and, hand in hand, left the church, and walked in the middle of the street to their new home, which, according to custom, the groom entered first; for he must be there to welcome his helpmeet, when she comes for the first time to his home, and to tell her that all he has is now hers. In a moment she followed him, both having left their shoes outside; for this was their sanctuary.

At a certain age, about sixteen, the girls of Maarken assume the *Shako*, or cap, worn by the women. This cor-

responds to the English girl's début. After this they can "smuggle," which means any attention offered by young men is considered serious.

In the evening, after the boats come in, the young men and maidens assemble in the harbor, and sit in the boats together. When a couple become engaged, all this is changed. The girl stays at home, weaves and makes up her linen, and learns to be a good housewife. The man fishes, builds his little home, and gathers his household gods about him. The engagement usually lasts four or five years, and during this time they seldom see each other, never alone.

Thus marriage to these simple folk, who live so near to nature, is a sacrament rather than a festival.

Food: Its Chemistry and Nutritive Value

By Elizabeth Willard Saxton

FEW people realize the true meaning of the word "food," that article which is so common, yet so essential to every-day life, which brings us together three times a day to give pleasure or to bring discontent. It does not mean everything that is taken into the body; for only that material which builds and repairs and yields energy for internal and external muscular work, and for maintaining temperature, deserves the name of "food." Tea, coffee, and extracts of meat, which are unable to help in giving nourishment and potential energy, may be useful in the dietary, but they cannot be regarded as food.

The relative value of food may be considered under four tests: first, the percentage of each nutritive constituent of the substance; second, the amount of potential energy it is capable of yielding; third, its digestibility and extent to which it is absorbed in the blood; and, fourth, its cost. After these points have been decided, it might be well to know if these foods are satisfying or not. Some foods will appease appetite and allay feelings of hunger longer than others. This satisfying power depends somewhat upon the amount of fat a food contains.

Food compounds include both of the great classes into which chemistry divides all substances; namely, organic and inorganic matter. In the first class are the carbonaceous and nitrogenous foods, and in the second water and the salts. The carbonaceous group embraces starch, sugar, and fat. These substances—*i.e.*, all food containing them—supply the body with heat and energy. The nitrogenous foods are the albuminoids and proteids, and are found in large measure in meat, eggs, and milk. The cereals, too, which are largely carbonaceous in composition, furnish a small percentage of protein. This group of foods not only give heat and energy, as do the carbonaceous, but also perform the second function of food; namely, the building and repair of tissue. Inorganic food (water and salt) also assist in the latter function.

It would seem, indeed, to be a matter of indifference to the cells of the body whether they draw their supply of energy from proteid, albuminoid, carbohydrate, or fat, although, probably, they can get it more rapidly and easily from the first three than from the last. Bodily heat is not a thing apart and required to be provided

for by itself, but it is an inevitable accompaniment of cell life. Life and heat are inseparable; and, in fulfilling its other functions in the body, a cell cannot help producing heat also.

The inorganic group contains two substances that are important to life,—water and mineral salts. Water not only takes a very essential part in food formation, but it is the main component of the secretions and excretions of the body.

When we consider that two-thirds the total weight of the body and about one-half the whole weight of food is water, we begin to realize its value. The mineral substances are compounds or salts of the following elements: sodium, potassium, calcium, magnesium, iron, and phosphorus.

These are not only tissue builders, but sources of energy.

Salts are not always found free, but mixed with food itself, as phosphorus in milk and iron in the yolk of egg.

Sodium chloride is used in the body for the proper constitution of its fluids, such as hydrochloric acid; potassium for the construction of cells, especially red blood corpuscles, and the muscles; while phosphorus enters into the composition of all nuclei, and is abundantly present in the bones and in the central nervous system.

Different kinds of food contain different elements. Many different elements are needed for the proper maintenance of all the organs of the body. Thus it is well to eat a variety of food, that every part of the body may be kept in healthy condition.

Not only variety in food must be taken into consideration, but the relative value of the nourishment contained in each must be noted.

To improve the appearance of food, to render it palatable, and to sterilize the same, cooking is necessary, and for this three processes may be used: convection,—that is, the diffusion of heat through a liquid or gas by motion of its parts, as in simmering; conduction, the transmission of heat through matter without motion of the affected body as a whole, as in frying; and radiation, where the heat comes directly from a common centre, as in broiling.

Cooking changes the composition of food. For instance, when bread is toasted, the starch is changed to dextrin sugar. This is the cause of the brown color and the sweet taste. Sugar is changed to another form of sugar known as caramel; and here, again, the brown color is obtained, and flavor is developed in food.

Albuminoids are coagulated. The albumen of egg will become hard and white in hot water. A white coating will form over meat, while the albumen of milk is somewhat toughened.

Cooking does not increase the digestibility of all food, although it has that effect on vegetable food; but the digestibility of animal food is diminished rather than increased by cooking. It is to be noted that well-cooked food calls forth a greater flow of gastric juice; and, to this extent, then, well-cooked food is more digestible. Albumen coagulates below the boiling-point, usually at a temperature of 170° F.; and, if it be cooked above this temperature, the digestibility is greatly lessened. By experiment it is also found that starch can be changed at a temperature below the boiling-point, this temperature ranging from 140° to 185° F. Fats are affected by heat at a high temperature, and fatty acids are developed.

Other changes in food take place through the action of a ferment. For instance, in bread, where yeast is added, the plant feeds upon the starch in the flour, changing it to sugar. Then the sugar is changed to alcohol and gas, and the gas causes the bread to rise. When the bread is baked, the

plant is killed, fermentation ceases, and the alcohol evaporates, leaving the bread a light, porous substance. If fermentation be allowed to go on, acetic and lactic acid will be formed, and cause the bread to taste sour.

Cooking is employed to prevent the decay or fermentation of food, but it is not always necessary. The mere exclusion of air and light will accomplish this purpose, and for this reason fruit wrapped in paper will keep for days. Grapes are packed in cork, and eggs are covered with salt or lime. When heat is used for keeping fruit, the process is called preserving, when it is boiled with sugar, and pickling, when boiled with salt and vinegar. Meats are kept by drying, canning, cold storage, smoking, and salting. There are many chemicals used for preserving fruits and meats, such as borax, boric acid, formaldehyde, etc.

The digestibility of food is a most important factor in considering its nutritive value, for all food must be changed into chyle before it can pass through the membranes into the blood. In the mouth the food goes through the mechanical process of being chewed, the main object of this being to protect the stomach, as hard particles are broken up, acids are diluted, and the entire mass is wrapped in mucus. That these functions be properly performed, it is necessary to eat slowly. In the mouth, starch is changed to sugar by the action of the ferment, ptyalin, which is present in the saliva. The food then passes on to the stomach. The stomach may also be regarded as a protector, for it prepares food for the intestines, and has four functions: first, to act as a reservoir, allowing us to take food in considerable quantities, and only letting it pass into the intestines when it is needed; second, to reduce food to a semi-fluid form,—this is done by the action of the gastric juice and the movement of the stomach walls; thirdly, to sterilize the food by the antiseptic action of the hydrochloric acid, which is present in the gastric juice; and, fourth, to regulate the temperature of the food, as the intestines seem to be more sensitive to the extremes of temperature than the stomach itself. Cold food is difficult to digest, as it does not excite the stomach sufficiently. This is sometimes the cause of alcoholic craving on the part of those who are unable to get hot meals. In the stomach the albuminoids are changed to peptones by the action of the ferment pepsin, which is in the gastric juice. There is also a ferment present called rennin that curdles milk. This is especially noticeable in children. The food then passes on to the intestines. Here all the starch that has not been acted upon in the mouth is changed to sugar by the ferment amalopsin of the pancreatic juice. All the albuminoids that have not been acted upon in the stomach are here digested by the ferment trypsin, changing them to peptones, and the steapsin emulsifies fats. All this digested food is called chyle. It is here where the waste material of the food is separated from that which furnishes nourishment and heat.

The digested food passes through thin membranes into the blood, the albuminoids or peptones going to build and repair tissue, while the starch, sugar, and fat go to give heat and energy. The bile plays an important part in digestion, as it promotes peristaltic action, and prevents putrefactive fermentation.

Food is much adulterated. This is done sometimes to preserve it, but usually to make money. Here chemistry is a safeguard. If we choose to analyze foods that come on the market,—canned, bottled, or prepared foods as they are called,—we will find most of them adulterated. Even the most

common cocoa contains much starch. Starch from corn is put in wheat to cheapen it; tumeric is added to mustard to give it color; cotton-seed oil is added to olive oil; vinegar is often not vinegar at all, but simply alcohol poured over beech wood shavings.

Chemistry is also a safeguard to improper cooking; for it teaches us the amount of heat necessary to make food most nutritious and the best fitted to supply the needs of the body, since it avoids waste, teaching how every part of the food may be used, and how left-overs may be made into attractive dishes. By its application one may avoid expensive luxuries of little nutritive value, and learn that oftentimes most nourishment is obtained from the cheapest meats and other foods. It further enables us to select with economy attractive foodstuffs containing the necessary elements, in the proper proportion, for bodily nourishment.

If we have knowledge of foods, their nutritive value and the chemistry of cooking, how much more will home life and labor be enriched! If the workingman, who goes off early in the morning, and labors hard all day, finds, on his return, a cold dinner, or the steak like leather, the potatoes water-soaked, and the biscuit heavy and hard, what wonder if he prefer a saloon with its free lunch of hot soup and a glass of beer?

While, on the other hand, if we know how even the simplest thing will give pleasure if it is well cooked, and if the table be set with accessories that betoken comfort, culture, good taste, and a love of beauty, which show an inward and spiritual grace, the things that come from the kitchen will be in harmony, combining sustenance for the body, gratification for the palate, and delight for the eye.

Do we not rejoice to come home to such happiness? There need not be, indeed, ought not to be, a superabundance.

Lessons in Cookery and Food Economy for High School and College Classes

By Mary D. Chambers

Lesson VIII.

Clearing Soup Stock

Three methods of clearing a stock may be employed: 1. Careful skimming during whole period of cooking, at intervals of thirty minutes. 2. Addition of raw lean beef, finely chopped, one-fourth to one-half pound to one quart of stock. 3. Addition of white of egg. The last process, in class as well as in the household, is most frequently used.

To clear Stock with White of Egg

Remove fat by careful skimming, and by afterwards wiping surface of stock with a napkin wrung out of boiling water.

Allow the slightly beaten white and crushed shell of one egg to every quart of stock.

Stir into cold stock, then allow to heat slowly, stirring gently from time to time until egg begins to coagulate.

Let come to boil, and boil five minutes.

Remove from fire, and let stand ten minutes.

Strain through double damask, or through two or three thicknesses of cheese cloth, placed over fine strainer.

Notes.—Where a small portion, say a half-cup of stock, is cleared by each pupil, double the proportionate allowance of white of egg will be required, and the portion needs to boil only one minute.

After clearing, the stock can be seasoned with salt, flavored with lemon juice or rind, heated, and served as a clear soup.

Royal Custard (Garnish for Clear Soup)

One to three egg yolks. One half-cup of liquid, water, milk, or stock, well-seasoned. Blend as for soft custard, and poach in moderate oven until firm.

For other garnishes for soups see "Kitchen Companion," Parloa, p. 444.

Various Forms of Stock

Bouillon.—A stock made from beef alone.

Court Bouillon.—A stock made from highly flavored vegetables (*e.g.*, onion, celery, carrot), cooked in a mixture of one part water to three of wine, or three parts water to one of vinegar. About a pound of the vegetables is allowed to every quart of the liquid. This is seasoned with salt, peppercorns, cloves, and is used as a medium for the boiling of fish, in order to enhance the flavor. It may be used several times, improves with use, and is easily preserved.

Consommé.—A very rich stock, made from beef, veal, and fowl, the liquid used in the decoction being bouillon.

Glaze.—Stock boiled down to one-fourth its volume. Used to paint meats, color gravies, etc.

Fritadella from Soup Meat

Chop or mince the meat left over from making the soup stock, season highly with salt, pepper, finely scraped onion or onion juice, Worcestershire sauce, or Liebig's extract. Mix with an equal amount of mashed potato, and sauté on hot pan. This may be, also, pressed into a mould, and steamed or baked.

Corned Beef Hash

Equal parts of cold corned beef (from last lesson), chopped, and mashed potato, seasoning of onion, pepper, etc.

Mix ingredients, and moisten with a little stock. Spread on a hot greased pan, and cook until brown. Fold, turn out on hot platter, garnish with thin slices of lemon and parsley, and serve.

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Rumford Kitchen Leaflets, No. 8.

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Appendix to Foster's Physiology. Sheridan Lea. "Gelatine." pp. 1199, 1200.

Food and its Functions. Knight. pp. 26, 30.

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Questions

What principle is involved in the method of clearing soup stock practised in class to-day? What difference would you expect to find in a stock cleared by the second method? In what are the methods similar?

Compare the making of gelatine jelly with the making of soup stock.

When would you add the salt in making soup stock? Why?

Give the various reasons why a stock fails to "clear."

Compare the nutritive value of a pint of soup and of the resulting soup meat.

What changes take place in flesh after slaughtering, and how does this affect its value as food?

Define "fibrin," "myosin," "syntonin." What other terms have you found substituted for these words by some writers?

Classify the various proteids so far dealt with in animal foods, according to their solubility.

At the close of the lessons on meats each student is required to make a tabular list, in parallel columns, of the substances found in a piece of (1) raw beef; (2) broiled steak; (3) boiled corned beef; (4) stock before clearing; (5) stock after clearing; (6) meat left after making stock. Indication is required of the changes effected by cooking.

The following paper was handed in by H. S., class of 1906. The words in italic are additions or modifications by instructor.

I. Raw Meat

1. Water.
2. Fat.
3. Protein.
   - (*a*) Albuminoids:
     - Myosin, insoluble.
     - Albumen.
   - (*b*) Gelatinoids:
     - Ossein (?)
     - Collagen.
   - (*c*) Extractives:
     - Kreatin.
     - Kreatin, and traces of others.
4. Salts, organic, chiefly phosphates.
5. Acid, sarco-lactic.
6. Coloring matter, hæmatin.

II. Broiled Steak

1. Loss of *some* water.
2. Decomposition of *some of the* fat into fatty acid and glycerine. *Glycerine further decomposed into acrolein and water.* Remainder of fat softened or melted.
3. (*a*) Myosin unchanged. Albumen coagulated. (*b*) Gelatinoids *softened.* (*c*) Flavor of extractives developed.
4. Salts retained.
5. Acid retained (?)
6. Hæmatin changed in color.
7. Osmazone developed by heat.

III. Boiled Corned Beef

1. Loss of *some* water.
2. Fat softened and melted.
3. (*a*) *Part of the* myosin dissolved in saline solution. Albumen coagulated, part dissolved. (*b*) Collagen gelatinized, part dissolved. (*c*) Flavor of extractives developed, some dissolved.
4. Salts partly dissolved.
5. Acid retained (?)
6. Saltpetre used in corning helps to retain red color, owing to oxidation of iron in hæmatin.

IV. Stock before Clearing

1. Water added.
2. Fat melted.
3. (*a*) A trace of myosin dissolved. Albumen first dissolved, then coagulated. (*b*) Collagen and ossein *nearly all* converted into gelatine *and jelly formed.* (*c*) Extractives dissolved, and flavor developed.
4. *Soluble* salts dissolved.
5. Acid dissolved.
6. Color decomposed.

V. Stock after Clearing

1. Water present.
2. Fat removed.
3. (*a*) A trace of myosin in solution. Albumen removed. (*b*) Gelatine present. (*c*) Extractives present.
4. Soluble salts present.
5. Acid present.
6. Coloring matter absent.

VI. Soup Meat

1. *Much* water lost.
2. Most of fat dissolved.
3. (*a*) Almost all the myosin present. (*b*) Much of the gelatinoids converted into gelatine and dissolved out. (*c*) Extractives almost entirely dissolved out.
4. Soluble salts lost.
5. Acid dissolved out.
6. Coloring decomposed.

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From Day to Day

When Day-time meets the Night untold
Across the sky,
The sun lays each bright glory down,
Content to die,
The City folds its busy hands
With weary sigh.

The sheep are gathered to the fold
At shepherd's will,
The kine have all their wanderings done,
And Earth is still,
One star lights up the path of Night
Beyond the hill.

May Slumbers' hand hide from our eyes
The rough-trod way.
Sleep, thou art Peace to make a Past
For ills to stay.
From out thy house we go in calm
To meet—a Day.

Mrs. A. D. Smith.

A NEW VOLUME

WITH the present June–July number the *Cooking-School Magazine* begins a new volume, the tenth in succession. This and the August–September issue are double numbers. By this arrangement we follow the practice of the schools, and adapt our work somewhat to the conditions of the long vacation season. At the same time we are able to produce more mature, complete, and satisfactory issues of the magazine. In fact, we are confident that this compliance with the spirit of vacation results in mutual advantage to our readers and ourselves. By it we gain inspiration anew to gather fresh material and make a better journal, and our readers are, in consequence, presented with a more interesting bill of fare and given better service.

Moreover, the practice of systematic, judicious recreation is a matter to be cultivated and enlarged. Regular periods of relaxation, or the summer outing, is in order for everybody. It is in accord with the spirit of the age. But, if any one is in absolute need of an occasional and well-planned vacation, it is the mother and housekeeper. For her change and rest are oft-times imperative. Let her annual outing be made as sure and agreeable as possible. It breaks up the dulness of routine work, adds to contentment, and brightens the atmosphere of home life in a wondrous degree. Health is never to be lost sight of. Repose is woman's most graceful attainment.

DISEASE AND EDUCATION

"DISEASE in its Relation to Modern Education" was a topic of discussion at the Social Science Convention recently held in this city. And what subject can be more interesting or important than an attempt to discover what in our modern conditions and civilization makes for

disease, and how we can promote health? The biological side of this subject was presented by Professor Tyler, of Amherst College, who said in part:—

"One hundred years ago the population of New England was scattered in small villages along the shores and on the hilltops. It was very largely of English stock, the toughest and most vigorous race which the world has ever known.

"Some were fishermen or sailors, more were farmers. The harvest was often abundant, but it could be gathered only after the hardest labor. The woodpile, barn, garden, and farm furnished more physical training than the boy craved. Nature study was forced upon the child. Most of the work was done in the open air.

"In 1790 only one-thirtieth of our population lived in towns or cities of over 8,000 inhabitants, in 1880 nearly one-fourth. A more important fact is that most of us, as fast as we can, are exchanging a life of muscular effort in the open air for a sedentary life of brain labor. The farms are being deserted. Office, desk, and store are crowded. We avoid manual labor, if we do not despise it.

"This revolution in our modes of life necessarily disturbs the balance and working of all our organs. Heart, lungs, and kidneys owe their development and present power to the demands and stimuli of the muscular system; and these greatly increase the effectiveness of our digestive and assimilative tissues. It is sensation and motion, not thought or learning, which lay the foundations of the brain and stimulate the development of all its centres."

"There is," it is authoritatively stated, "a steady increase of disease as we ascend the so-called social scale, from the man who works with his heavy muscles only to those who rely on cerebral, to the practical exclusion of muscular work."

In view of facts like these it seems that a change or modification in our present school curriculum is demanded. This change would be highly advantageous, if it be not already imperative, to the children of the lower grades of schools. It would make the playground and school garden of equal importance with the desk and recitation. It would mean more frequent pauses and longer recesses; that is, it would afford opportunity for greater motor activity.

Under our modern condition of life there is need, it is plain, of a more systematic knowledge of sight, hearing, the physical system and its functions, and nutrition as related to health and disease. We have been taught to believe, as knowledge has spread, disease has disappeared. The rule should be invariably true; and yet it may be true that "knowledge comes, but wisdom lingers." Each succeeding age and civilization has its own problems to solve, its own specific ills to conquer. In the sparsely populated country districts of our land and in the masses close pressed within city limits are special conditions that do not make for human well-being unalloyed.

"What is to be the future of the great city?" says the *Christian Register*, in a contemplative mood. "Is it to keep on growing and expanding through the centuries, until the dizzy wing of thought can no longer follow its course? Or will it one day crumble and disappear, and some new phase of civilization take its place, something holier and better and more conducive to human progress? But, if the city is to exist forever, we will hope that the people in time may get a larger share of rights and privileges, more of beauty, more free space, healthier homes, and safer, more freedom from contagion, a moral and religious education such as they do not now receive."

"OUTING AND RESORT"

"Over the hills and through the valleys
List to Nature's wooing call.
Seek the field, the shore, the wildwood:
Summer comes with joys for all."

"OF all the remarkable social evolutions of recent days, there is none more marked than the outing and pleasure movement. In varying seasons of the year, mountains and shores are attracting increasing thousands, the catering to whose wants has resulted in many sections in business of great proportions. The seashore and inland resorts of New England have special attractions which have resulted in the development of business which State bureaus report as running into millions per annum. The South, the lake districts, and the West also have their share in this development."

To the significance of this phase of modern life we wish to add our mite of commendation. The custom of a yearly outing is becoming more universal and wide-spread. Everywhere people in larger numbers are resorting to mountain and seashore. They go earlier and stay later than was once the practice.

From other than a mercantile point of view the good that accrues in health and comfort to all classes from this custom is well-nigh incalculable. Change, life out-of-doors, physical activity, and intimate contact with nature are better than a thousand tonics. These, as naught else, make for health, strength, and reserved powers of mind and body.

The attractions of the city compared with the beauties of nature are dull and unsatisfying. The one is real, the other is artificial. The book of nature was surely written by the invisible hand. It is an ever-abiding miracle. The city is built by man, and it bears the imperfections, the stigma, and the shame of all things human.

In the Life of Humboldt, the great naturalist, we read: "Man is a product of soil and climate, and is brother to the rocks, trees, and animals. He is dependent on these, and all things seem to point to the truth that he has evolved from them. Humboldt discovered very early in his career that the finest flowers grow where there are the finest birds, and man separated from birds, beasts, and flowers could not possibly survive."

The growing tendency among the denizens of the city to return to the soil, to take increasing pleasure and delight in rural ways of life, is a most wholesome sign of the times. The celebration of Old Home Week is approaching. May its observance be kept and enjoyed by old and young as never before!

"Do to-day's work this morning—to-morrow's this afternoon."

A recipe for success: Keep your head cool, your feet warm, your mind busy. Don't worry over trifles. Plan your work ahead, and then stick to it, rain or shine. Don't waste sympathy on yourself. If you are a gem, some one will find you.

A New York vegetarian went to a restaurant, and took occasion to advertise his creed by telling a stranger that all meat is injurious, and that the human diet should be strictly vegetarian. "But," replied the stranger, "I seldom eat meat." "You just ordered eggs," said the vegetarian. "An egg is practically meat, because it eventually becomes a bird." "The kind of eggs I eat never become birds," answered the stranger, quietly. "What," cried the vegetarian,—"what kind of eggs do you eat?" "Principally boiled eggs," said the stranger.



Pineapple, Cuban Fashion

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Chicken and Tomato Bouillon

(To serve eight at Luncheon or Dinner)

Cut half an onion and one-fourth a carrot in very thin slices, and sauté these in a little butter or dripping until yellowed and softened. Add part of a bay leaf, a "soup bag," a sprig of parsley, and a bit of yellow lemon rind. Let simmer in a pint of water half an hour. Then add to one quart of chicken broth with all the liquid that can be drained from a can of tomatoes. Mix with these the crushed shells of several eggs and the slightly beaten whites of two, and salt and pepper as needed. Stir constantly over the fire until the boiling-point is reached. Let boil five minutes. Then keep hot without boiling about ten minutes. Skim and strain through several folds of cheese-cloth laid over a wire strainer. To prepare the tomatoes, pour the contents of the can into a strainer and let stand some time to drain. Then take out the best pieces for some other purpose, and press the rest through the sieve for use in the soup. This bouillon in appearance resembles a delicate amber consommé, and is well worth a trial.

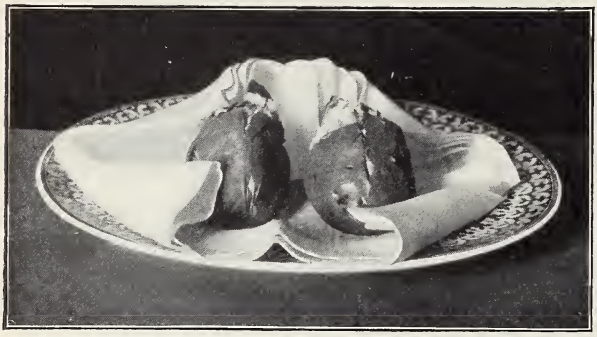
Pineapple Served Cuban Fashion

Select well-ripened pineapples. Pare, and remove the eyes. Then cut the fruit in lengthwise sections.

Soft-shell Crabs Fried

Crabs are found on all our seacoasts. During the spring and early summer the shells are shed, and the crabs are taken before the new ones have time to harden. Soft-shell crabs are considered by many a luxury. Crabs are kept alive until time of cooking, usually in

baskets or boxes of seaweed in contact with ice. The under side of the crab is lighter in color. The large claws are in front to protect the head: the



Baked Potatoes

others are back of these along the sides. The eyes in front are easily distinguishable. The covering on the back tapers to a sharp point, running out on each side over the claws. Set the crab in its natural position. Take hold of one of the points. Turn it backward and scrape out the breathing organs beneath. Repeat this process on the other side. Now turn the crab on its back. A point of soft shell may be seen at the centre. Sometimes this is light and sometimes dark colored. With the thumb and finger lift this point, and pull it from the crab. Also scrape away the spongy organs found beneath. Wash the crabs in cold water, and wipe gently with a soft cloth. When perfectly dry, sprinkle with salt and pepper, roll in sifted bread crumbs, then dip in beaten egg. Again roll in bread crumbs, and fry in hot fat to a golden brown. Cook about three minutes. Serve at once with sauce tartare.

Sauce Tartare

To about three-fourths a cup of mayonnaise dressing add, when ready to serve, half a tablespoonful, each, of fine-chopped cucumber pickles, olives, capers, chives, and parsley.

Baked Potatoes

Scrub the potatoes with a brush, and bake in a hot oven. Do not, however, have the oven hot enough to blacken the skins. Make two gashes in the top of each potato, one at right angles to the other. Then gently squeeze the potatoes to let out the steam. Partially wrap in a napkin, and serve at once.



Soft Shell Crabs Alive. Fried Crabs. Crab Dressed for Cooking
Point or apron removed in dressing Crabs

Spinach Salad with Boiled Ham and Eggs

(For Luncheon or Supper)

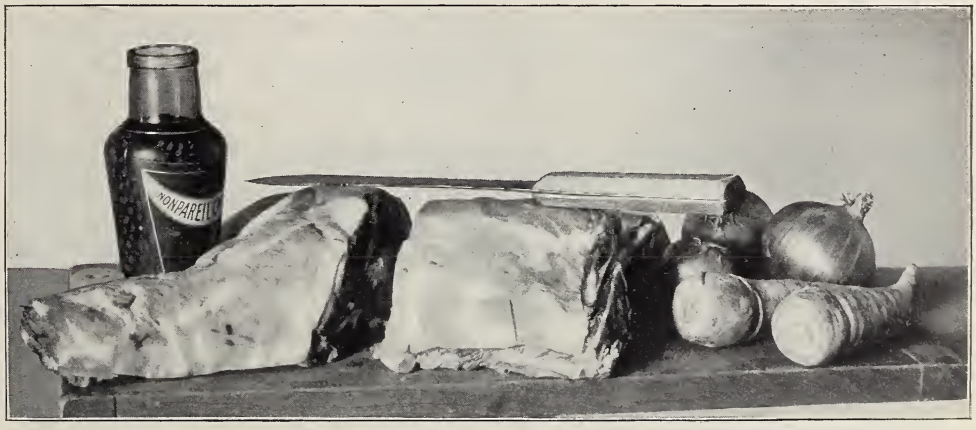
Cook half a peck of spinach, and, when cold, chop fine. Mix half a teaspoonful of salt, a dash of paprika, and five tablespoonfuls of olive oil. Then gradually beat into these three tablespoonfuls of vinegar. Mix this dressing through the spinach. Then dispose in a mound on a serving dish. Surround with thin slices of cold, boiled ham and boiled eggs.



Spinach Salad with Boiled Ham and Eggs

Chicken Salad, Summer Style

Cut the cooked chicken in neat cubes. For a pint of meat prepare about a cup of French dressing, using one tablespoonful of vinegar to three or four of oil. Mix the chicken and dressing. Cover, and set aside in a cool place for an hour or more. Pare and cut a cucumber into cubes. Let these stand in ice water in a cool place an hour. If at hand, break half a cup or more of nut meats into small pieces. When ready to serve, mix the chicken, drained, if needed, the cucumbers, drained and dried in a soft cloth, and the nut meats, with mayonnaise or boiled dressing, and turn the mixture into a salad bowl lined with lettuce leaves, carefully washed and dried. If nuts have not been used, garnish the top of the salad with one or two "hard-cooked" eggs. Cut the whites in sections, and use as the petals of a flower. Press the yolks through a sieve as a centre for the whites.



Scrag End and Breast of Lamb cut for Small Family. See page 37.

Plain Coffee Cake

Soften a cake of compressed yeast in one-fourth a cup of lukewarm water. Add to a cup of scalded milk, cooled to

a lukewarm temperature. Then beat in flour to make a sponge. When light, add one-third a cup of melted butter,



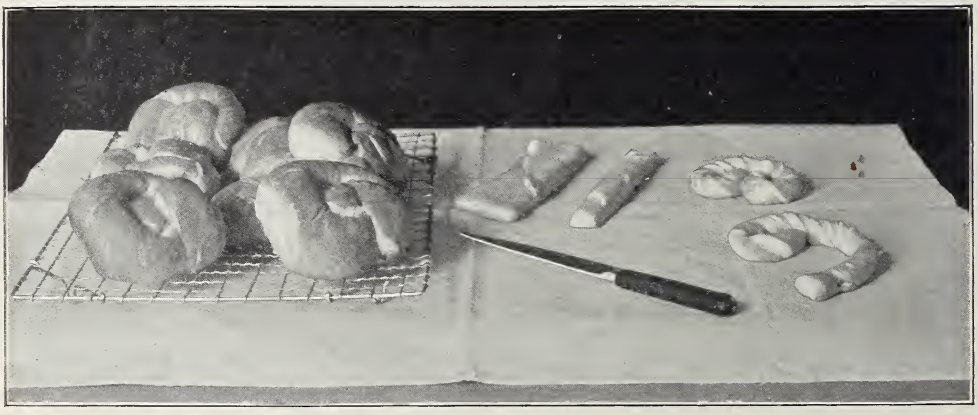
Chicken Salad, Summer Style

one-fourth a cup of sugar, half a teaspoonful of salt, one egg, and flour for a very stiff batter. Beat thoroughly, and, when light, spread in a buttered pan. Cover, and, when light again, bake. When nearly baked, brush over with thin starch (cornstarch cooked in water), and sprinkle with sliced almonds and sugar. Use the starch several times to hold the nuts on the cake. Dredge with sugar after applying the starch. Cinnamon may be used instead of the nuts.

an inch thick. Brush this very lightly with softened butter. Then fold from the sides toward the centre, to make three layers of paste. Across this cut strips three-fourths an inch wide. Take each separately, and twist from the ends in opposite directions. Dispose these in this shape, "8's," on the baking-pan. When light, bake about twenty-five minutes. When partly cold, brush over with a thick syrup, beaten until it begins to cool. A cup of sugar and half a cup of water will make the syrup.

Brioche for Coffee Cakes, etc.

Soften a cake of compressed yeast in one-fourth a cup of cold water, and stir in flour (taken from a pound sifted for these cakes) to make a dough. Knead thoroughly. Then drop into a small saucepan of lukewarm water, and let stand in a temperature of 70° F. until it rises to the top of the water, a



Shaping Coffee Cakes, with Finished Product

Coffee Cakes from Brioche

Roll brioche, chilled on ice over night, into a sheet about one-fourth

light, porous mass. Put the rest of the pound of flour into a mixing-bowl. Add one-fourth a teaspoonful of salt,

one tablespoonful of sugar, ten ounces (one cup and a fourth) of butter, softened, but not melted, and four eggs. Beat these ingredients to a paste with the hand, and from the back of the



Plain Coffee Cake. See page 27.

bowl toward the body. When well blended, continue the beating, adding eggs, one at a time, until seven in all have been added (three besides those first used). When the ball of sponge is light, remove from the water with a skimmer, and place in the centre of the egg mixture. Fold the egg mixture over the sponge, and continue the folding until the two are thoroughly blended. Then set aside in a temperature of about 70°, to become doubled in bulk. Cut down, and when again light, but not doubled in bulk, set on ice to remain about twelve hours, when it is ready to use.

Elderberry Blossom Fritters, Vienna Style

Separate fresh elderberry blossoms into two or three pieces, according to size. Dip each piece into fritter batter, to cover each separate floweret. Then drop them into deep fat, and let cook to a delicate brown. Serve at once, sprinkled with powdered sugar.

Fritter Batter for Above

Sift three-fourths a cup of flour, a teaspoonful of powdered sugar, and half a teaspoonful of salt. Beat one egg without separating the white and yolk. Add half a cup of milk, and very gradually beat the liquid into the dry ingredients. When about half the milk has been added, beat the mixture very thoroughly. Then continue adding the



Elderberry Blossom Fritters, Vienna Style.

milk. Let the batter stand an hour or longer, before using.

Strawberries with Crusts

Stamp out slices of stale sponge cake into semicircular pieces, and spread



Strawberries with Crusts

these on one side with peach, apricot, or orange marmalade. Dispose these in a circle on a serving-dish. Fill the centre with fresh strawberries, hulled, washed, if needed, and drained carefully. Cook a cup and a half of sugar, half a cup of water, and a little of the marmalade to a thick syrup (flavor, if desired), and pour this over the berries. Serve hot.

will hold these in place. With a biscuit cutter and pencil mark out rounds upon the paper, that the cups and rings may be of uniform size. With pastry bag and plain tube shape rings of meringue mixture upon half of the rounds, and completely fill the other half of the rounds with meringue. Sprinkle with granulated sugar, and bake in a very moderate oven, until the mixture is cooked throughout and delicately colored on top. It should take about three-fourths an hour. Increase the heat near the end of the baking. Invert the papers, first taking out the tacks, remove the meringues, invert, and return to the oven to dry. Then press the rings upon the rounds to form cups. Fill with whipped cream and strawberries.

Meringue Mixture

Beat half a pound or one cup of white of egg to a very stiff froth. Take a pound, or two cups, of fine granulated sugar. Beat two tablespoonfuls into



Meringue Cups with Strawberries and Cream

Meringue Cups with Strawberries and Cream

Cover hardwood an inch thick with strips of paper. A tack at each end

the egg, and, when very stiff, again beat in two tablespoonfuls of sugar. Repeat a third time, and continue the beating until the mixture holds its

shape perfectly. Then cut and fold in the rest of the sugar.

Sponge Wells with Jelly

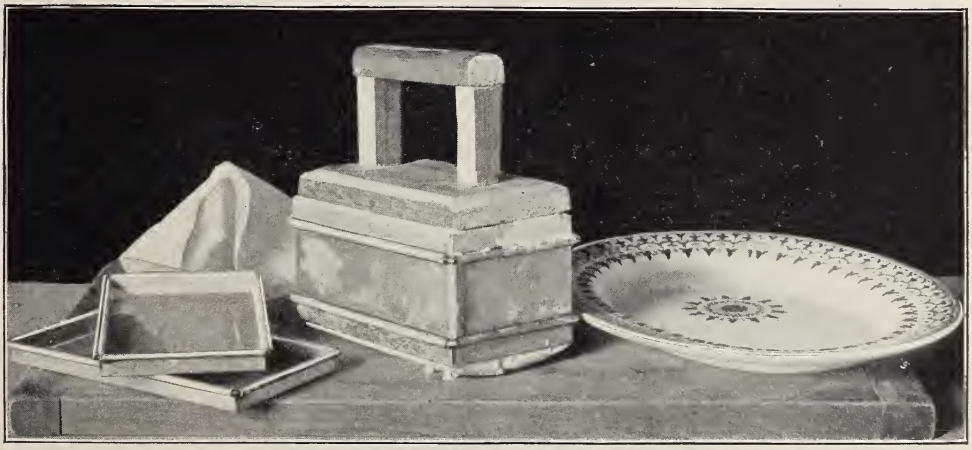
Make sponge drops, a recipe for which is given on page 360 of the February, 1905, magazine, using half a cup of flour. Put the sponge drops together in pairs with a butter frosting, either mocha or chocolate between. Mix half a pound of almond paste with the yolks of four eggs (two whole eggs may be used), and knead on a board dredged with confectioner's sugar until of a consistency to roll out. Then roll into a sheet. Cut from this strips of size to surround the cakes. Cut the upper edge in points, and press around the cakes, leaving an open space on top. Roll the paste-covered cake in cocoa, and fill the open spaces with currant jelly, sprinkling the top with chopped pistachio nuts. Serve with tea or coffee.



Sponge Wells with Jelly

Junket Ice-cream (Vanilla)

Heat four quarts of milk and one quart of double cream to 100° F. Stir in one quart of sugar, four tablespoonfuls (two ounces) of vanilla extract, and four junket tablets, crushed, then dissolved in four tablespoonfuls of cold water. Mix thoroughly, and turn into the can of a freezer. Let stand undisturbed in a warm room until jellied. Then cool, and freeze as usual. Pack in brick moulds, quart size, lined with paper, filling the moulds to overflow. Let stand an hour or more, packed in ice and salt. Use four an inch thick, fitted with a handle (as in illustration), press the ice from the mould.



Unmoulding Ices Packed in Moulds with Double Covers

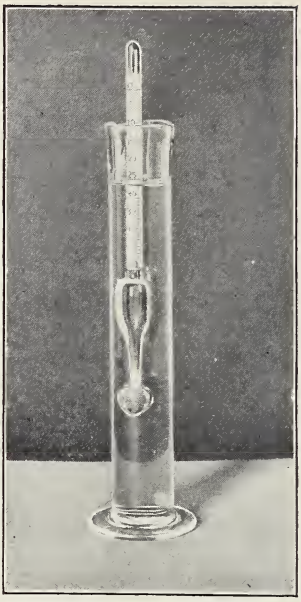
Unmoulding Ices Packed in Moulds with Double Covers

Remove the covers from the mould. Set the mould on a serving-dish, and with a solid piece of wood or a piece

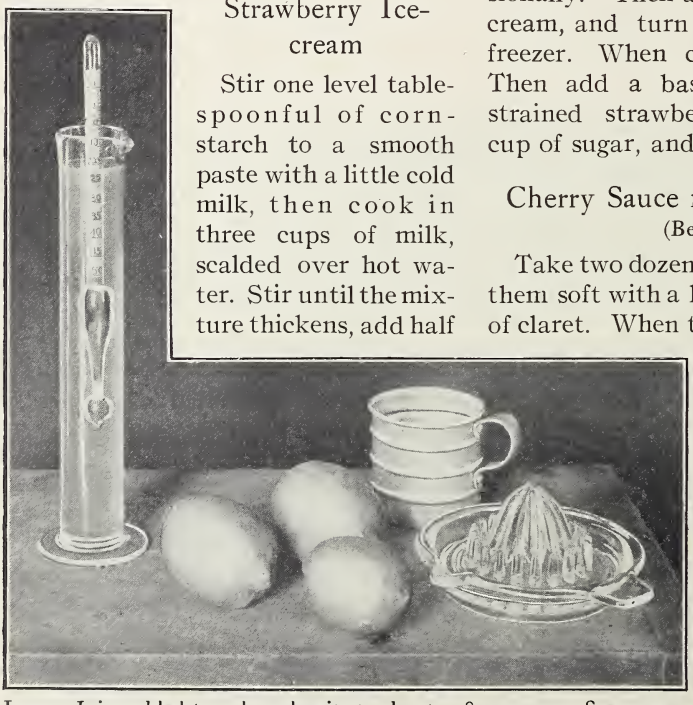
measures of ice to one of salt. Moulds with double covers are preferable, and the quart size cuts to good advantage. To unmould, remove covers and press the ice from the mould with a block of hardwood the size of the mould (inside measurement). Set the ice, covered with the paper, into a cave until ready to serve. Will serve twenty-five.

Junket Ice-cream (Chocolate)

Melt one-fourth a pound of chocolate over hot water. Add half a cup of sugar, a teaspoonful of ground cinnamon, and boiling water to make a smooth paste. Stir and cook until glossy, adding water as needed, to make the mixture of a consistency to pour. Then dilute very gradually with the milk to be used for the ice-cream. Strain, and proceed as for junket cream with vanilla.



Syrup showing density of about 28°



Lemon Juice added to reduce density to about 20° on guage. See page 37

Strawberry Ice-cream

Stir one level tablespoonful of cornstarch to a smooth paste with a little cold milk, then cook in three cups of milk, scalded over hot water. Stir until the mixture thickens, add half a cup of sugar (if liked pretty sweet, use three-fourths a cup), and let cook fifteen or twenty minutes, stirring occasionally. Then add one cup of double cream, and turn into the can of the freezer. When cold, freeze to a mush. Then add a basket of crushed and strained strawberries, mixed with a cup of sugar, and finish freezing.

Cherry Sauce for Lemon Sherbet

(Bertha Ely)

Take two dozen or more cherries, cook them soft with a little sugar and a glass of claret. When the cherries are tender, press them through a sieve, and chill.

Butter Icing

Wash half a cup of butter in cold water, to free it from salt. Pat, to remove all water. Then beat to a cream. Add the beaten yolk of an egg and, very gradually, one cup and a fourth of confectioner's sugar. Add also coffee extract or an ounce of melted chocolate with a teaspoonful of vanilla extract.

Company Menus, June-July

The social meal in the home is an ideal preparation for good digestion.—*Janes.*

Wedding Breakfast

I.

Strawberries, French Fashion.

Salmon Timbales. Green Peas. Rolls.

Fried Chicken, Cream Gravy. Asparagus on Toast, Hollandaise Sauce.

Lettuce Salad. Individual Cheese Soufflés.

Strawberry Ice-cream. Pineapple Sherbet.
Angel Cake. Lady Fingers. Macaroons. Coffee.

II.

Hulled Strawberries on Swedish Rosettes, Powdered Sugar.

Chicken-and-Tomato Bouillon. Olives. Radishes.

Croquettes of Little Neck Clams. Cucumber Salad.

Broiled Lamb Chops. Peas. Cress Salad.

Sultana Roll, Claret Sauce. Bride's Cake. Little Cakes. Bonbons. Coffee.

Wedding Reception

I.

Chicken Salad, Summer Style.
Fresh Salmon Salad. Olives. Salted Nuts.
Rolls. Bread-and-Butter Sandwiches. Coffee.
Angel Parfait, Strawberries. Assorted Cake. Fruit Punch.

II.

Strawberry Ice-cream. Lemon Sherbet.
Assorted Cake. Fruit Punch.

Picnic Dinner, July

To smell to a turf of fresh earth is wholesome for the body.—*Fuller.*

I.

Sardine-and-Egg Sandwiches.
Broiled Lamb Chops in Paper Frills.
Potato Salad. Buttered Rolls. Olives.
Hot Coffee.
Apple Turnovers. Cheese.

II.

Cold Boiled Ham, Sliced Thin.
Fresh Salmon-and-Green Pea Salad. Olives.
Bread-and-Butter Sandwiches.
Hot Coffee. Fruit.

III.

Cheese-and-Nut Sandwiches. Asparagus, French Dressing.
Custard Baked in Cups.
Sponge Cake. Lemonade.

Menus for Children's Home. June

(Age of Children, 6 to 15 years.)

The youth who well masticates his food, will thrive better than another who eats half as much again, but bolts it.—*Dukes.*

SUNDAY

Breakfast
Cereal, Milk.
Rice Omelet, Bacon.
Hot Corn-bread.
Cereal Coffee. Cocoa.

Dinner
Boiled Fowl. Boiled Rice.
Chicken Broth, Thickened.
Lettuce or String Beans.
Caramel Ice-cream (Junket).
Cookies.

Supper
Boston Brown Bread or Crackers, Milk.
Butter. Stewed Apricots. Smoked Fish.
Cocoa.

WEDNESDAY

Breakfast
Fried Mush, Molasses.
Graham Rolls, Butter.
Cocoa or Cereal Coffee.

Dinner
Boiled Haddock, Egg Sauce.
Boiled Potatoes. Beet Greens.
Rice Pudding with Raisins.

Supper
Boiled Hominy, Milk.
Bread and Butter.
Cocoa.
Dried Peaches, Stewed.

MONDAY

Breakfast
Cereal, Milk.
Salt Codfish, Creamed. Boiled Potatoes.
Bread and Butter.
Rhubarb-and-Orange Marmalade.
Cereal Coffee or Cocoa.

Dinner
Steamed Shoulder of Lamb.
Steamed Potatoes,
Broth, Thickened for Sauce.
String Beans.
Bread Pudding.

Supper
Boiled Rice and Milk.
Bread and Butter.
Honey Cakes. Cocoa.

THURSDAY

Breakfast
Creamed Haddock.
Hashed Potatoes.
Fried Hominy.
Cereal Coffee.

Dinner
Cannelon of Beef, Tomato Sauce.
Baked Potatoes.
String Beans.
Cornstarch Pudding, Sugar and Milk.

Supper
Mock Bisque Soup. Toasted Crackers.
Bread and Butter.
Gingerbread. Milk.

TUESDAY

Breakfast
Cereal, Milk.
Johnny Cake. Stewed Prunes.
Cocoa.

Dinner
Macaroni and Lamb Stew
(Left-over meat, onions, potatoes, macaroni).
Spinach with Slices of Egg.
Bread and Butter.
Scaloped Rhubarb.

Supper
Milk Toast.
Crackers and Milk.
Honey Cakes.
Cocoa.

FRIDAY

Breakfast
Cereal, Milk.
Salt Codfish Balls.
Stewed Rhubarb.
Boston Brown Bread.

Dinner
Fresh-fish Chowder. Crackers.
Spinach.
Scaloped Rhubarb and Prunes,
Butter, Sugar.

Supper
Hot Oatmeal, Milk.
Bread and Molasses.
Gingerbread.
Cocoa.

SATURDAY

Breakfast
Cereal, Milk.
Bananas.
Bread and Butter.
Cocoa.

Dinner
Hamburg Steak.
Mashed Potatoes.
New Beets.
Hot Boiled Rice,
Molasses.

Supper
Baked Potatoes,
Cream or Butter.
Bread and Butter.
Stewed Prunes.
Milk.

Menus for a Family of Two. July

The sweetest thing in life
Is the welcome of a wife.
N. P. Willis.

Never put your hand farther out than your sleeve will reach.— *Scotch Proverb.*

SUNDAY

Breakfast
Gluten Grits, Cream.
Fresh Fish and Potato Cakes, Sautéd.
Cucumbers.
Rolls. Coffee.

Luncheon
Lettuce-and-Egg Salad.
Bread and Butter.
Berries.

Dinner
Broiled Beef Tenderloin.
Asparagus, Melted Butter.
New Potatoes.
Steamed Rice, Sugar or Maple Syrup.

WEDNESDAY

Breakfast
Egg-O-See. Raspberries.
Cream.
Eggs Baked with Milk and Crumbs
in Ramekins.
Toast. Coffee.

Luncheon
Welsh Rabbit.
Pineapple in Sections.

Dinner
Creamed Haddock.
Baked Potatoes.
Cottage Pudding,
Hard Sauce with Pulp from Berries.

MONDAY

Breakfast
Stewed Prunes.
Vitos, Milk.
Rice Omelet.
Coffee.

Luncheon
Clam or Fish Chowder.
Crackers. Radishes.
Prune-and-Nut Salad.

Dinner
Dried Beef, Plain.
New Potatoes.
New Peas.
Berries. Cream.

THURSDAY

Breakfast
Shredded Wheat Biscuit.
Bananas, Milk or Cream.
Coffee.

Luncheon
Lettuce-and-Fish Salad.
Bread and Butter.
Pineapple.

Dinner
Veal Cutlet in Brown Sauce.
Stringless Beans, Buttered.
Potatoes.
Cottage Pudding, Reheated,
Liquid Sauce.

TUESDAY

Breakfast
Evaporated Peaches, Stewed. Cream.
Grape-nuts.
Eggs Poached in Milk on Toast.
Coffee.

Luncheon
Hashed Dried Beef and Potatoes.
Lettuce Salad.
Coffee Ice-cream.

Dinner
Steamed Haddock, Egg Sauce.
New Beets, Buttered.
New Potatoes.
Coffee Ice-cream.

FRIDAY

Breakfast
Barley Crystals.
Berries, Cream.
Broiled Bacon, Fried Eggs.
Muffins. Coffee.

Luncheon
Broiled Sardines on Toast, Cream Sauce.
Lettuce Salad.
Coffee Jelly, Whipped Cream.

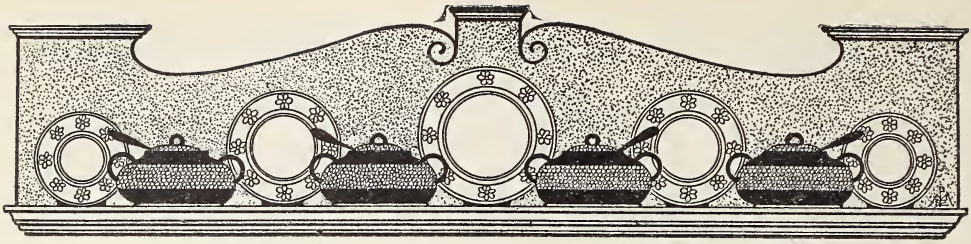
Dinner
Cheese Soufflé.
Stewed Asparagus Tips.
String Bean Salad.
Individual Raspberry Shortcakes.

SATURDAY

Breakfast
Boiled Rice, Stewed Prunes, Cream.
Creamed Sliced Beef (Dried).
Potatoes Lyonnaise.
Toast. Coffee.

Luncheon
Salt Codfish Balls.
Lettuce Salad.
Muffins. Berries.

Dinner
Lamb Chops.
Baked Potatoes.
Peas.
Prune Whip.



After Breakfast Chat

By Janet M. Hill

THE poetry of life always has a practical side to it, and most practical affairs rightly worked out are full of poetry.—*E. P. Powell, in "The Country Home."*

MANY families of two are now setting up housekeeping, and for these we give a week's menus, to serve in a measure as a working plan for a few weeks. If the new housekeeper has had no training in domestic science, she would do well to make a study—little by little—of the composition of food and its cookery, with a view to gaining a practical knowledge of food values and the means of conserving them during the process of cooking. She will find much to help her in this study in some of the more modern cook-books. The article, "Food, its Chemistry and Nutritive Value," on page 16, will also be valuable to her. Discouragement should not result, if the whole subject be not comprehended at a first reading. A thorough understanding of no subject can be gained without prolonged effort, but with thought and application and experience, little by little, the matter becomes a part of one's self, and food and feeding takes on a new and higher meaning.

Under-nutrition and Over-nutrition

The two mistakes into which the new housekeeper is most often led are underfeeding and over-feeding. There are so many things she wishes to have in her new home that the allowance for food is often drawn upon to supply things more highly prized; and the items for food are restricted to whatever is cheap, regardless of its composition. Starch is the principal compound in cheap foods. But there are individuals whose digestive organs are not tolerant of starch, and they are just as intolerant of fat, if it be presented as a steady diet. In the main, the dietary of such individuals needs include plainly cooked, fresh meat and fish, with green vegetables, while fancy breads, cereals, and sweets, in the form of pastry, puddings, and cakes, are to be avoided, except on rare occasions.

On the other hand, many a new housekeeper thinks meat, fish, and, possibly, eggs, the only articles having any considerable nutritive value, and, consequently, the only articles to be considered in eating to live. The idea that bulk is needed to insure the best digestive action is undreamed of by them, or, if considered at all, they think it is secured by these same nutritious articles rather than by bread with green and starchy vegetables. The normal stomach can digest a little of any kind of food, and health will be better, if monotony in selection be avoided. But these, and other matters of like import, are easily worked out, provided the desire be present to choose food in accordance with the laws of dietetics.

Left-overs

In families of two, it is often advisable, even during the summer, to prepare enough of certain articles of food for two or more meals at one and the same time; but, in general, the best results are obtained, both as regards palatability and digestibility, if just enough of each article be prepared for the meal and no more. Why bake three potatoes when only two are eaten? Why buy and cook six chops when four are just enough? Plan to have everything so perfect that every morsel will be eaten, and nothing thrown away. If vegetables be left over and are to be used in salads, wait until the heat has left them, then cover securely, and plan for an early reappearance on the table. Serve cold meat cut in thin slivers; and, if made dishes are attempted, discard religiously all skin and gristle. Apply heat indirectly, by means of hot sauces and the like, lest strong heat impair the digestibility of the finished product.

Cooking in Steam Kettle

A steam kettle is eminently desirable when the number of stove lids available for economical cooking is limited, as on gas and oil stoves. In a properly constructed steam kettle, fish, vegetables, and dessert may be cooked at the same time without commingling of flavors. Asparagus is much better steamed than boiled, and in the Sunday dinner, given for a family of two, the asparagus, potatoes, and rice may be cooked in the steamer, leaving the tenderloin to be broiled, or two pounds from the neck and shoulder of lamb (see page 27) may be purchased at ten or eleven cents per pound, and then the whole dinner may be cooked in the steamer. On Wednesday, the haddock, potatoes, and cottage pudding call for a heated oven; but again, on Thursday, when the remnants of the cottage pudding are to be reheated, the steam kettle, over a single burner, will provide the means of cooking the dinner.

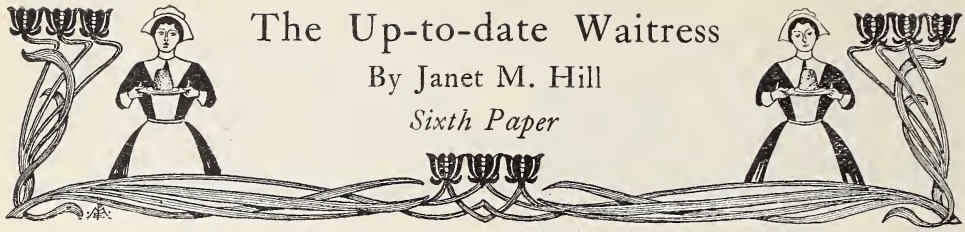
Neck and Shoulder of Lamb

The neck and shoulder of lamb, before referred to (see illustration, page 27), is an economical piece of meat, and capable of many variations in cooking. The whole piece shown in the illustration weighed about five pounds. The scrag, or neck end,—the fore leg is also on this part,—is the least desirable portion. This follows the rule that meat increases in value the further it is removed from the head. Either of these pieces (do not cut for a family of four or five) may be steamed, and the broth be thickened for a sauce; and they may be braised with vegetables or cut in pieces and cooked as a stew, a ragout, or a curry.

Water Ices

The quality of a water ice depends, in large measure, upon the ability to apportion the quantity of sugar used to the variety of fruit and to the nature of the ice. As, for instance, a dessert ice should be sweeter than a punch served before the game or as a beverage at receptions, teas, etc. The careful cook, who wishes to secure uniform results in similar mixtures, will do well to use a syrup gauge. These cost about sixty cents, and with reasonable care, never need repair or renewal. To use the gauge proceed as follows: Take any weight of sugar and twice its weight of water, as one pound of sugar (two cups) and two pounds of water (one quart). Boil about twenty minutes. Then turn a little into a test tube, and note the degree at which the bulb floats. The syrup is at the proper density when the bulb floats at 28° (see illustration, page 32). As the syrup will have a

(*Continued on page 52*)



The Up-to-date Waitress

By Janet M. Hill

Sixth Paper

Serving Luncheon, Compromise Style

Table Linen for Luncheon

LACE-TRIMMED and elaborately embroidered table-cloths, or those embellished with drawn work, are frequently selected for use on the luncheon table. But often the cloth is discarded, and a centre-piece, with individual doilies for each article to be set upon the table, are chosen. Napkins of a smaller size than the dinner napkin are preferred for this meal. Fine lace or drawn-work doilies, laid under the service plate, are quite small, affording space for the plate and one spoon (bouillon) or knife and fork, respectively. All other silver is set in place as needed. Occasionally plate doilies of fine crash, handsomely embroidered, are of larger size.

If the cloth be lace-trimmed or ornamented with drawn work, a delicately tinted silk lining is generally used over the silence cloth, and the dishes, from preference, are served from the side.

Style of Serving Luncheons

A formal luncheon is usually served after the Russian style of service, and the directions given for serving dinner will suffice for this meal also. Family luncheons are often served in English fashion from the table; and the directions given for Serving Breakfast will suffice for serving a luncheon after this style. The compromise style of serving, described in the third paper of this series, is probably the one most largely in vogue for luncheons, and it is here described in detail. On a table, without cloth, the luncheon is served satisfactorily only after the Russian fashion.

Menu

Grape-fruit.

Bouillon. Olives

Oysters, Manhattan Style.

Brown-bread Sandwiches.

Chicken Timbales, Mushroom Sauce.

Little Fillets of Beef, Spanish Sauce.

French Fried Potatoes.

Lettuce, French Dressing.

Pulled Bread. Cheese Balls.

Angel Parfait. Little Cakes.

Bonbons. Coffee.

Directions are given for serving the above menu up to the salad after the Russian style. Beginning with the salad, the instructions are for serving in the English manner. The combination of the two styles results in what is known as the "compromise" style of service.

Laying the Table

We will suppose that the cloth has been laid according to the directions previously given. A bowl of flowers stands on a centre-piece in the centre of the table. Think of the "plate line" as an imaginary line extending around the table fifteen or sixteen inches from the edge. Just inside this line set candelabra or candles, at points equidistant from each other and the centre of the table. Between these set dishes of salted almonds and bonbons. Olives, which are served upon bits of ice,

should not be placed upon the table. Now, according to the instructions previously given, set in place the following items:—

Service or place plates (ten inches in diameter).

Spoons for grape-fruit. (Set these above the plate or first in order at the right.)

Spoons for bouillon.

Forks for oysters (those used for raw oysters).

Small forks for timbales.

Knives and forks for fillets of beef.

Salad forks.

Tumblers for water.

Glasses for wine or Apollinaris.

Napkins. (Later on insert a roll or piece of bread between the folds.)

Individual butter plates. (Supply balls of butter later on.)

(Bread-and-butter plates, with spreaders, are less formal than the individual butter plates, and are reserved for breakfast and informal luncheons.)

The Sideboard when Luncheon is announced

When luncheon is announced, the following items should be in order upon the sideboard:—

A carafe of chilled water, either with or without a bowl of ice, in bits, with spoon.

Extra supply of butter.

Extra supply of bread.

Sandwiches to serve with oysters.

Olives in fancy dish.

Cruets of oil and vinegar.

Salad fork and spoon.

Ice-cream forks or spoons.

Cut sugar for coffee.

Finger-bowls on plates, doilies between.

The Side Table when Luncheon is announced

When luncheon is announced, the following items (for this menu) should be found disposed in an orderly manner upon the side table:—

Tablespoon to serve timbales.

A carving-fork of small size and a tablespoon to serve the beef.

After-dinner coffee spoons.

A tray covered with a doily.

Two or three napkins and towels for emergencies.

The bouillon cups and plates for the oysters, the plates for the timbales, and the fillets of beef should be in the warming oven.

The plates for the salad and ices should be in the refrigerator, preferably on one standing in the butler's pantry.

The Table when Luncheon is announced

When luncheon is announced, the grape-fruit, prepared according to directions given in the February, 1905, magazine, is in place on fancy plates (a lace-paper doily between) set upon the service plates, the tumblers are filled to two-thirds their height with water or bits of ice and water, and each individual dish is supplied with butter. At a very formal dinner, the butter is omitted.

Removing the Grape-fruit Course

Beginning at the right of the hostess, remove the grape-fruit plates from the right. Remove them, one at a time, or one in each hand, to the pantry. Leave the service plate in position.

Serving the Bouillon

Now bring in the bouillon cups and saucers, one at a time, one in each hand or two (no more) on a tray, borne on the flat of the hand, a napkin between, as is most expedient under the circumstances, and set them upon the service plate.

Pass the olives on a tray to the left, that each may help herself.

Remove the cups and saucers from

the right, still leaving the service plate in place.

In removing soiled plates, begin with the individual first served.

Serving and Clearing away the Oysters

Alternate the service, and begin with the guest at the left of the hostess. Set down upon the service plates, from the right, the plates of oysters cooked in the shell.

Pass the plate of sandwiches to the left of each, beginning with the one first served to oysters.

Remove these plates as before, again leaving the service plates in place.

Serving the Timbales

The timbales may be disposed, in the pantry or kitchen, upon individual plates or upon one large platter. In the first case, set the individual plates upon the service plate, as before. In the second case, dispose the hot plates for the timbales upon the side table, then, taking one in each hand, set them down upon the service plate from the right. Return to the pantry for the platter of timbales, take the tablespoon from the side table, and put it on the platter, then, carrying the platter upon a folded napkin laid upon the flat of the left hand, pass to the right of each, and serve the timbales, or pass to the left, and let each one help herself. When the waitress serves the timbales, there need be no break in the conversation. She also usually understands how to handle them better than does the guest.

Pass bread to the left of those needing it.

Refill tumblers with water.

Remove the timbale plates from the right, leaving the service plate.

Serving the Fillets of Beef and Potatoes

Bring to the side table the hot plates for the fillets of beef, then, taking a plate in the left hand and commencing on the left of the hostess, take up the service plate and set the hot plate in its place. When all are thus provided with hot plates, bring in the fillets of beef with sauce on the flat of the hand, set a spoon upon the dish, and, passing to the right of each, serve the fillets.

Return to the pantry for the dish of potatoes, and serve these in the same manner. This dish, being smaller than the platter of meat, if preferred, may be carried on the tray.

Thus far the meal has been served after the Russian fashion. From now on, through the meal, the English fashion will be followed.

Serving the Salad

Set a silver or china tray before the hostess. Upon this set a bowl of lettuce, carefully washed and dried, the salad fork and spoon, bottles of oil and vinegar, a dish of salt, and another of paprika. While the salad is being dressed, bring in the cold salad plates. Take one in each hand, set one down before the hostess, and, when a portion of salad has been placed upon it, take this up and set down the other plate. Place the dish of salad before the first at the right of the hostess. Now take another plate from the sideboard, take up the second prepared plate, replacing it with the one in the other hand, and set it before the second in order. When all are served, bring in the cheese balls, on a plate covered with a paper doily, and the pulled bread, together on the tray, and pass to the left, that each may help herself.

When this course is finished, remove the salad tray; then one at a time, or one in each hand, the salad plates, together with salt and pepper cups or shakers.

Serving the Sweet Course

Remove the crumbs. Use a plate and napkin for a bare table, and the

pan and knife for a draped table. Set the dish of parfait before the hostess, with the slicer at the right. Return to the sideboard for two plates; put one before the hostess, and, when she has disposed the ice upon it, replace it with the other plate, and set the plate of cream before the guest at the left of the hostess.

Pass the plate of cake to the left, that each may help herself. Remove these plates, one in each hand. Bring in the finger-bowls on fancy plates, with doilies between, one in each hand. Set these down from the right. Pass the bonbons to the left, that each may help herself.

Take out these plates, one in each hand, and bring in two coffee cups on a tray. Set these down from the right. When all are served, return with sugar and cream or sugar alone, on the tray, and pass to the left, that those who wish may help themselves.

Coffee Served in Library

The coffee is often served in the library or reception-room. The waitress may bring it in, in after-dinner cups on a tray, and return for the sugar and cream, or the after-dinner coffee service —coffee pot with cups and sugar bowl (no creamer)—may be brought in on a larger tray, and set down on a table, at which the hostess seats herself to pour the coffee. The maid passes the cups on a tray, and afterwards passes the sugar. She remains to gather up the cups, and remove all traces of the service.

Vacations

"What shall you do this summer?"
"Nothing!" I stanchly said;
"Neither books nor Chautauqua nor Concord
Shall claim my tired head.

"I shall lie at length in the sunlight
And count the pine-tree plumes,
And fill my senses with silence
And the odor of clover blooms.

"I shall stand and stare, like the cattle,
At the rim of the earth and the sky,
Or sit in the lengthening shadows
And see the sweet days die.

"I shall watch the leaping squirrels
And the patient, creeping ants,
And learn the ways of wee wood folk
In their unmolested haunts.

"And perchance in the hush that follows
The struggle to be wise,
Some truth which was coy beforetime
May take me by surprise."

Henrietta R. Eliot

Home Ideas and Economies

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Our Recent Visitor

"HOW I miss Harriet's hats!" said my irrepressible young brother-in-law a day or two after our guest's departure. I looked at him reprovingly, but in the depths of my heart I had to acknowledge a kindred feeling; for during Harriet's visit the hall table had always been adorned with at least one hat of hers. Indeed, once I counted three, not to mention her purse, gloves, parasol, umbrella, tennis racquet, and odd golf sticks, all of which encumbered the hall for longer or shorter periods during her stay. She dropped her fancy work wherever she happened to be sewing, her books and letters wherever she read them, and her pocket-handkerchiefs all over the house. But this was insignificant when compared with the condition of her room. As we had other visitors at the time, we fitted up the sewing-room for her. It had a small closet and a capacious bureau, but the casual observer would have supposed it unprovided with either of these useful receptacles. There was a garment on and a pair of shoes under each chair. The radiator was piled high with clean laundry; and the top of the trunk usually stood open, revealing the tray filled with miscellaneous objects, from a pair of white slippers to a feather boa. Her bureau top was a tangle of photographs, brushes, soiled collars, and old letters. The drawers were never shut tight, and ends of ribbon and lace hung out in various directions. The bed was seldom tidy after noon; for Harriet would rush in from tennis, golf, or boating, and throw herself down for half an hour's rest before lunch,—a wise habit, no doubt, but one that would have been more agreeable to her hostess, had it been accompanied by the habit of removing her dusty boots and arranging her bed after she arose. It would not have made so much difference, had her room been in a less conspicuous place; but, as it was just at the head of the stairs, every member of the household had to pass it several times a day, and, not only was the door invariably open, but Harriet, who was the soul of hospitality and good fellowship, was given to hailing the passer-by, and asking her in.

This was an extreme case, of course; but, as many otherwise charming girls are more or less careless in this respect, a word of warning may not come amiss.

The Simpler Sunday

IT is hardly an exaggeration to say that in the average family the chief event of Sunday is the dinner. The morning is spent in preparing it, and the rest of the day in recovering from it. Indeed, its evil effects reach beyond Sunday. Monday is far too often a time of dull wits, capricious appetites, and irritable nerves, as is particularly noticeable in schools and offices. It is not at all uncommon to hear a clerk explain his indolence by saying, "I ate too much yesterday." And the strangest part of it all is that such a statement seems to be considered in the light of an excuse, as if over-eating on Sunday were a matter

of course, if not absolutely obligatory. The man who six days in the week has a light lunch not far from one o'clock, and eats his substantial meal at night, is naturally upset, even if he has the digestion of the proverbial ostrich, by a very heavy dinner some time between one and four. The afternoon of repletion which follows such a meal is neither delightful nor uplifting; and the Sunday dinner, as conventially conducted, is beneficial, not to the consumer, but to the market-man and the manufacturer of patent dyspepsia medicine.

Again, let us look at it from the standpoint of our maids. There is, perhaps, no valid objection to the morning of preparation, although, to those of us of Puritan descent and training, it seems undesirable, if not actually reprehensible. At any rate, it is no small task to clear away after an elaborate dinner, and by the time Lena or Maggie or Ellen has finished her work it is late, and she is tired; and on a short winter day it is not infrequently dusk before her "afternoon off" begins.

It is the custom in the various branches of our family to have as little cooking as may be done on Sunday; and I think that the peace that ordinarily prevails in our kitchen is largely due to this fact. It means careful planning and a busy Saturday; but the result is that our maids can go to half-past ten church, return to get our simple lunch, and then have a good long afternoon to themselves. Our supper has to be fairly substantial; but many delectable dishes can be made ready the day before, and the chafing-dish supplies all deficiencies. We limit our Sunday lunch to two plain courses. In the winter that means, as a rule, clear soup, and then a hot dish of some sort. In the summer we usually have a salad and a dessert. It does not take long to serve a meal like this, and the tidying up afterward is an exceedingly small matter.

All of which may sound decidedly revolutionary; but, if you once follow out my suggestions, the good results in health alone will induce you to continue in the same way.

ETHEL WILLIAMS.

Crystalized Mint Leaves

IN a former issue of this magazine, a recipe for crystalizing mint leaves was given. It called for the fresh-gathered mint leaves—either mint or spearmint—to be cleansed, and then dipped in a syrup of sugar and water that had been boiled and cooled. Each leaf, as dipped, was to be dredged with sugar, and dried on paper in the shade.

A lady, who with the writer experimented on this,—the first recipe they had received,—on further trial evolved a method which she prefers. She did not like the taste of the uncooked sugar; and so she boils a syrup thick enough to coat the leaves well, but not so thick as to be hard to apply. After a thorough dipping the leaves are laid away to dry for a day or two, and then are dipped again in a similar syrup. They keep well, with no danger of the sugar crust falling off in patches. The boiled sugar also gives them a brilliance like the leaves seen at the best confectioners.

A professional says that his way is to coat the leaves with gum arabic water, dry them, and then dip in a suitable syrup, and dry well on paraffine paper out of the sun, or in a very cool "warming oven," if done at home.

As mint seems never to go out of favor, and as these leaves, when growing, are so cheap, and, when crystalized, are so dear, the above hints may be welcomed by many who can easily experiment.

Flower petals are to be managed by the latter method. Rose petals and whole violets are to be dipped in the gum water, and more than once in the syrup, if necessary. Remember it must not be hot, else the delicate texture, color, and flavor will not be retained.

Vegetables in Convenient Form

FOR the busy house-mother or the inexperienced cook it may be a boon to know that one may secure vegetables ready for soup without keeping a quantity on hand. It is very convenient, too, for campers-out in summer to have vegetables that need no washing and paring of earthy roots, no husking of stubborn ears, no shelling of innumerable pods, only the labor of opening a can, to find therein twelve well-chosen vegetables, combined in right proportions,—corn, lima beans, carrots, peas, string beans, cabbage, parsley, thyme, leeks, tomatoes, wax beans, and celery.

A meat stock, nut or white bean stock, with pepper, salt, and some butter or cream, make at once a palatable soup. Without the stock they make a nice medley of vegetables, served hot and seasoned to taste. For a vegetable pie or little pâté, they are "just the thing," when drained and added to a brown or a white sauce.

Hungry school-children think it quite as good as regular soup when making inroads on the larder after outdoor exercise, and make a hearty lunch, after heating a can over a gas stove, and supplementing it with brown or whole-wheat bread and butter and some cheese.

Another preparation is evaporated vegetables, a combination of five suitable for soup and ragouts,—celery, carrot, onion, turnip, and parsley. These are most carefully selected from the market farms of Jersey, and at the factory are evaporated after being shredded fine. This product, like all dried things, requires some soaking; but it quickly stews tender, and is very appetizing. For campers these vegetables, being so light, would be more desirable than the bulkier liquid mixture in tins.

Not only can both of these preparations of vegetables be used for soups and patties and ragouts, but they are desirable for cooking fish "au court bouillon," and for a bed of vegetables when baking a large fish. The more tasteless white fishes are very much improved by being so cooked, basting them well with butter, and using some fresh red peppers in the combined vegetables.

For roasting beef, a bed of vegetables is a decided improvement to the gravy. Strain them out before thickening. The meat rests upon the chopped or sliced vegetables instead of upon a rack, the meat being boned and rolled.

If the remnants of the beef and the fish are to be made into soups, then the vegetables cooked with them may go into the pot. Fish makes a very nice soup, when well seasoned with celery, parsley, etc. A salad, also, may be made from even a cup of fragments often scraped away.

For the pumpkin soup now so popular, or pumpkin pies, which are always acceptable, an evaporated shredded pumpkin is on the market. Stew this, and it is ready for a pie, when added to the usual milk, eggs, and spice. Small families will appreciate this taking of the labor from the home, for a big squash or pumpkin is quite formidable, when only one or two pies are wanted.

Unless living where one may raise vegetables, or established in a capacious house with cellar and storage-room, the evaporated vegetables will be heartily welcomed.

Hotel Economy

IT has long been noticed in real life, as well as in stories, it is the ability to concentrate quickly one's forces, even upon an unfamiliar matter, that has made American capacity famous the world around.

In hotel business, as in other things, situations come that call for honesty and effective action, combined in one individual. For instance, the manager may be robbed systematically, and the waste may be enormous. An hotel upon the Atlantic coast seemed to be piling up large sums on the wrong side of the ledger. The manager had faith in a man who, while a newspaper man, had been holding a position in the office of the hotel. He knew no more about catering for large numbers of people and constructing menus than any other plain business man reared in a farming country, and later accustomed to market for a small family. Nevertheless, he was put in charge of the buying of the provisions. He said that, when he assumed charge, he did not know half what the head chef meant; and the general jargon of the under-cooks was still more confusing. For instance, a "mignon filet" was to him only a small steak, or a piece of tenderloin broiled.

He first cut down waste by giving people what they liked and knew by name, so far as possible, excluding anything with a fanciful name. He watched the orders from day to day, to see how they ran, and the condition of any rejected dishes, to see if they had been sampled and disliked, or if they had merely been ordered to an excess of the appetite, and sent out untouched for that reason. By looking and questioning, he found that persons ordered at a hazard, when the names were foreign, and often got things they did not like or intend to order. If a meat dish or a pudding was plainly set forth in the menu, they were apt to choose more rationally, and be better satisfied.

Except for terms such as "consommé" and "mayonnaise," which are well known nowadays, he abolished the Frenchified menus, which, as every one knows, are very imperfect French, rightly judging that the average American, even prosperous and wealthy ones, do not care for them.

The result of his administration was that they had a house full all summer, feeding 25 per cent. more guests than in the previous year, with a saving of $10,000 more than before.

Many families were from the West; and, before they left, they expressed their satisfaction with the management, and said that the way their wants had been met was an inducement for a return to that part of the Eastern coast the next season.

Things are not What they Seem

THE general inclination nowadays is to use things for some other purpose than that for which they were intended, whether it be heirlooms, reasure-trove from many lands, or textiles.

For instance, we have long been familiar with blue ginger-jars for flowers, large beer-steins for pencil and pen holders, fish-nets for seashore cottage draperies, and the like. Here let me pause to warn you,—if the idea of the stein for your writing-desk be a new one,—do not stick your pens in point upward; for you might make yourself or some one else blind by so doing. Instead put a piece of chamois leather on the bottom, and drop your pens in point first.

Since no one puts a spoon-holder on the table,—except some dear conservative old grandmother who will cling to her own way and her own silver,—it is well to know that one may use, instead, a Japanese, fish-shaped

dish. These may be bought at any Oriental store. Lay your small teaspoons or tiny coffee-spoons in one of them, and use it for your five-o'clock table or tea-tray, and thus be comfortable. Very pretty it would be, too, for an invalid's tray at any or all meals.

Another idea is to use a long celery boat beside your chafing-dish, for the long-handled spoons necessary for it. In changing the pan containing rich sauces from the water to direct heat, or the stirring-spoon for the serving-spoon, then, indeed, is this long, narrow dish, with curving sides, conducive to peace of mind—and to unspotted table linen as well.

Pails for Light Housekeeping

EXCEPT when in camp, few people use a pail for cooking, and regard pails as only for carrying things or, possibly, for storing food temporarily. For light housekeeping and for gas stoves, anywhere, pails will be found very convenient. A long-handled agate dish does not balance so well; and the handle protrudes dangerously, when one has to work in limited space. It gets unpleasantly hot, too, while the handle of a pail may be set up straight, kept cool and out of the way; and it is very easily grasped, should the contents of the pail threaten to boil over.

An agate pail is very useful to make apple or cranberry sauce, as the close-fitting cover keeps in the steam, so that the fruit cooks quickly. Dumplings may be made and added to a stew of vegetables, as well as meat. The writer knew of one little mother who made four or six dumplings on a platter, as she had no moulding-board in her tiny flat, and cooked them in her hot apple sauce very satisfactorily. Cold meat bought at a delicatessen store can be made into a stew, and dumplings be added.

The pail makes a double boiler for a custard or cereal as soon as an earthen bowl is set in the top. This is far more satisfactory than placing any bowl or dish in an open pan, from which the water boils away so much faster. The cover of the pail answers for a cover for the bowl. The expense of a separate "farina kettle" or "double boiler" is thus saved, and the bowl and pail are useful separately. A long-handled agate dish may be used instead of a bowl for the top part of such an improvised double boiler; for it is more easily lifted off than a bowl, to keep the water replenished. This will atone for the handle being in the way sometimes.

Luncheon for Twenty-five Cents

IN a recent issue of the *Ladies' Home Journal* the editor gives an account of his experience in Boston, comparing it very favorably with like experience in New York. Much is said of courtesy and the price of food in hotels.

Seventy-five cents was charged in New York for crackers and milk for a child, and thirty in Boston. Of course, the style of the place has to be paid for. A reporter in Philadelphia once tried a breakfast of coffee, cereal, and eggs, all the way from the cheapest lunch counter to the highest-priced hotel, and gave an account of the food and service, with prices ranging from ten cents to a dollar and a half for the same items.

About five blocks from the *Ladies' Home Journal* building a well-served lunch in a clean place can be had for twenty-five cents. This consists of eight well-prepared dishes, or a simpler meal of five dishes can be had for fifteen cents. This includes bread and butter as one dish. No meat or any animal food is served, but the soups are rich and well flavored, the rice is steamed

so that every grain is separate, the bread is usually whole wheat, and, occasionally, corn muffins are served. Nuts, cheese, and omelets are on the bill of fare, and many things are especially prepared to replace meat and make a perfect dietary. Bean and pea soups, corn chowder, tomato-and-nut bouillon, cream of rice or barley, are favorite and substantial beginnings that may be followed by vegetables in many forms, cereals, and several salads. Plain puddings and pies, made with whole wheat crusts, are always to be had. Dried fruits are stewed, and served with cream. Fresh fruits are stewed or baked or cut for salads. Figs and dates are used freely, and with some cereal they are ground fine and pressed into loaves and called "raw pound cake" and "medley." These are to be eaten with cream. Pineapple and grape-fruit are included in this very reasonable bill of fare. From the page devoted to so-called Natural Foods, or Cooked Foods, one may choose and blend the two dietaries. For instance, omitting a cereal and milk from the natural food menu, one may choose instead a hot pea soup, and instead of a glass of milk conclude with a cup of hot cocoa. No coffee or tea is served. Instead cereal coffee, milk, cocoa, apple juice, and grape juice are provided. Claretine is not wine, but grape juice served hot; and very nice it is on a cool day.

Here is one choice recently made, and it cost but a quarter: corn chowder, shelled nuts of three varieties,—namely, pecan, English walnuts, and Brazil nuts, —whole-wheat bread and one muffin, butter and peanut butter, olives, three fine large ones, lettuce with mayonnaise dressing, tapioca pudding, sliced pine-apple, cocoa.

The portions were of good size, hot where it should be hot, and the fruit was crisp and appetizingly sliced. Of course, the food is not brought in many courses. A tray is placed before one, so that one may combine the things as desired; but beverages will be brought at the end of the meal, or, if ordered, the different dishes will be cooked and served as wanted. One may go in and ask for only a five-cent soup, and get a fair-sized bowl of purée of beans or peas, with bread, without exciting surprise or notice in any way.

It goes without saying that the room, which occupies the whole front of the building, and seats a great many, is crowded at the noon hour, and the seats are filled several times. This proves that physical culture and hygiene does not mean a few string beans and prunes with heavy bread once a day, but good food, for both masses and classes, accessible in business centres rather than at inaccessible health resorts and mountain sanatoriums. And, best of all, quick service and low prices prevail, so that the growing youth and hard-worked young girls from stores and offices can avail themselves of these wholesome dishes rather than meat, fried things, and silly sweet dishes.

JULIA DAVIS CHANDLER.

Receipt for Salad Dressing

A VERY good salad dressing, and one that is not expensive, may be made in the following manner:—

Stir one tablespoonful of flour with a little cold milk. Add one cup of hot milk, four tablespoonfuls of boiling water, and cook these together over hot water two minutes. In a separate dish, beat the yolks of four eggs well. Add one-fourth a cup of sugar, one tablespoonful of mustard, one tablespoonful, each, of salt and pepper. Beat these together well, and add to the first mixture. Then remove from the fire, and stir the whole mixture into half a cup of heated vinegar, slowly.

After this has been done, return the dressing to the stove, and cook for a

few minutes. This dressing is quite thick when cold, and can be placed in a glass jar and kept indefinitely in a cool place.

WISCONSIN.

Alligator Pears

I HAVE been interested in your recipes for what you called "agua cate," and we call alligator pears. We serve them in many different ways, but in none of the ways given in the magazine. We cut them in two and serve them with soup. Scoop out the meat, and put it in the soup plate. Then we eat them with plain salt and pepper. If they are not particularly good, we cut them into dice, and serve like an oyster cocktail. But the best way is to put the pear through a vegetable press, then trim and scoop out ripe tomatoes, and stuff them with this pear purée. Garnish these with rings of hard-cooked egg, and serve with lettuce and mayonnaise. Sometimes a little onion juice or Worcestershire sauce is added, but I think these spoil the delicate flavor of the pear. We would rather think of eating sugar on eggs than on alligator pears.

Mrs. WM. MCKAY, Jr.

HILO, HAWAII.

Canning without Cooking

I HAVE been much interested in the department of Home Ideas and Economies, and have thought that perhaps some one might economize in time if I were to tell how I can a great deal of fruit without cooking. Since using this method, I hail the canning season with pleasure instead of dread.

I have canned thirty quarts of tomatoes that kept their shape perfectly, and were delightful to use during winter for salads, moulded in jelly, or wherever whole tomatoes were wanted.

Select tomatoes perfectly fresh and firm, and not *too* ripe, of a size to pass into the jars without cutting. After removing the skins, fill the jars, add salt to each jar (about 1 teaspoonful), fill with *boiling* water, and seal at once with covers that have been boiling in a vessel on the stove. See that all spaces are filled with water, allowing no large air bubbles to remain. Screw down covers tight, and place jars in wash-boiler or canner, containing boiling water, and allow to remain until the water is cold. Tighten covers again, if necessary, and put in cool, dark place.

The jars should all be fitted with covers, and tested, to be sure they are air-tight, before the fruit is put in, and care must be taken not to get the covers mixed after fitting.

Fruit is canned in the same way, using boiling syrup instead of salt and water. In this way I successfully canned two hundred quarts of fruit, consisting of raspberries, currants, cherries, pared plums, grapes, soft peaches, and soft pears. Strawberries, hard peaches, hard pears, and apples will not keep prepared in this way.

I have never had a single jar of fruit spoil, and the work of canning is reduced to a minimum. The fruit retains its shape perfectly, and tastes almost fresh. MRS. A. G. HOCH.

STORM LAKE, IA.

Economy in Small Things

ONE always thinks of soap as one of the small leakages of a household, and it surely is. The box of soap powder used about the kitchen sink will go twice as far if it be dissolved in hot water and made into a kind of soft soap. Add a spoonful of glycerine to each quart of soft water, so that it will not be hard upon the hands, and it will make china and glassware bright and shining. Soap, dissolved in this way, and the glycerine added, will never make glassware and china appear "streaked."

A very good kitchen soap may be made from bits of household fat, with very little trouble, since it requires no boiling and no preparation, except to melt the grease. Save the fat about the house till there are five pounds of solid grease, rendering it out, a little at a time, by placing the bits in a pan, and setting it in the oven. When five pounds have been saved, purchase a can of lye, and to the contents add one quart and one gill of water. Allow this to become stone cold, then pour into it in a slow stream, stirring all the time, the five pounds of grease that have been made lukewarm on the back of the range. Have ready, before pouring the grease into the lye, some one-pound baking-powder cans that have been well greased, or rinsed in cold water. When it is of the consistency of molasses, pour at once into the cans; and, if it becomes thick before it has all been turned out, place the kettle on the back of the range, and let the soap melt again, until it is thin enough to pour. Set the cans away for twenty-four hours, then turn out the hardened contents, and cut into cakes about two inches thick. This will make a large number of round cakes that just fit the hand, and are most convenient for use in washing dishes, scrubbing, or for general kitchen use. This soap should be white and firm, and float upon the water, if it is properly made and the grease is not too discolored. A large spoonful of borax and half a teacup of ammonia may be added to the dissolved lye, if the soap is to be used for laundry purposes as well, and, if for the laundry alone, a cupful of kerosene or gasolene, added to the lye before pouring in the grease, will make the clothes beautifully white. An excellent scouring soap can be made by adding a little white sea sand to a part of the soap before it is turned into the cans. A toilet soap is made by omitting the borax and ammonia, and adding five cents' worth of some good oil that will impart a pleasing odor.

The bluing used in the home can be made at little cost, ten cents' worth of soluble blue powder, bought of a druggist or grocer, making enough bluing to last for months. Dissolve the blue powder in a little cold water, and then pour over it two quarts of boiling water. Cool the liquid, strain and bottle, pouring some into a small bluing bottle for immediate use.

The ink that is used by a family can also be made at small expense by using the recipe known as Emerson's recipe for ink, since it is what he used. Purchase a package of slate-colored dye, and moisten with a little cold water. Pour over it half a pint of hot water, let cool, and bottle. This ink will be found a good black ink, having the advantage that, when spilt on the children's clothes, it will come out easily in the next wash.

A good paste, which is, yet, inexpensive, is a necessity in any home where there are children, since many a rainy day can be put in happily with the paste jar, a pair of scissors, and an old magazine or two. Purchase five cents' worth of gum arabic, and turn it into a wide-mouthed pint jar, having a screw top. Fill the jar two-thirds full of cold water, and set away over night. In the morning a smooth, transparent jelly will be the result; and this should be well stirred up from the bottom with a stick. Let it stand for three nights in this way, stirring it up each morning, then add a few drops of wintergreen, to scent it nicely, and it is ready for use. Turn into a small jelly tumbler for immediate use, keeping the large jar air-tight. This paste is not at all sticky, and can be applied with the fingers, if necessary, without disagreeable results.

For marking linen, a good indelible ink may be made by adding a little nitrate of silver to ordinary ink. If

this becomes spilled in any way, soak in a solution of common salt, then wash well in ammonia water, and the stain will disappear. The children's caps, rubbers, mittens, etc., should all be marked in some way, to save confusion at home and loss at school or out of doors. All household linen should also be plainly marked, to save loss.

For mending broken china, nothing can excel common white lead that can be bought from any painter. Moisten and apply to the edges as soon after the article is broken as possible. Tie firmly together, and set aside for a week. A piece of china so mended can be used and even washed, if it be handled with care. The white lead may be tinted to match any color of china it is to be used with, so as to make the break more invisible.

A spool of white passe-partout binding left over in framing some pictures will save the handling of mucilage, and much waste of time and temper, in supplying a label for every sort of article, from a preserve jar to a package for the expressman. Merely moisten a strip of the binding, cutting off a piece as long as the label is to be. Fix into place, and then write upon it the name or address, or whatever is necessary. The plain labeling of packages put away in the storeroom will save much time and bother, and this is the easiest way possible to label them.

These are but a few of the countless small things that the housewife may do to save small sums, and are offered merely as suggestions, each housewife knowing best just what the small leakages may be in her own particular household. Having discovered where the money is escaping a little at a time, it is but a step to find ways in which to stop the waste, and turn the money into more useful channels.

MARY TAYLOR ROSS.

Small Table for Dinner Parties

The King of England has adopted the American fashion of using small tables for his dinner parties. The huge tables which have done duty for this purpose for generations are to be discarded, whenever a suitable occasion serves, and to be replaced by smaller ones.

Very much will be gained in effect, and the service will be immensely facilitated, while the new move will also have the advantage of solving some knotty points of precedence. A party of four at a separate table are able to console themselves with the thought that their inferiority in the sacred order of precedence is not so marked as when they are seated at the end of a huge table of fifty guests.

This rule is to be observed at all gala breakfasts and luncheons. It has already been established as the proper etiquette for court suppers, and, when it is established as the regular custom for the dinner table, the example is likely to be closely imitated by other great hosts and hostesses. The change will have a far-reaching effect, and is destined to work something like a revolution in the dining customs of the kingdom.

How Generous

I had very little ice-cream left, but what was in the box I divided equally between Edith, aged seven, and Katherine, aged five, putting it in dishes. I stood back to watch them enjoy themselves. Suddenly Katherine looked up at me with a sad expression on her face, and said:—

"Mamma, I can't enjoy the ice-cream when you haven't any. Take Edith's."

—*Boston American.*

The Delicious Ham and its Possibilities

By T. Clementine Cummings

IF you have ever sampled ham cooked in Madame Beaucaire's style, as we did, you will never be satisfied until your own hams acquire that same delicious flavor. It was cold boiled ham, cut in thin slices. As we came in late to lunch, the rush of business was over for a few hours; and Madame was at leisure to sit and chat with us for a while, but we couldn't think of talking of anything else than *ham*. So she very obligingly told us just how she prepared her hams. She brought in a whole one, to show us how it looked when ready for the table.

This one had been specially prepared to be served at a supper that evening. Instead of the usual paper frill, to hide the bone, there were stalks of celery clustered around it and tied in place with a narrow ribbon. The leafy part of stalks was out. The outside skin had been carefully peeled off, and the white fat cut in vandykes, then stuck full of cloves, about an inch apart. The garnishing was beautifully done with aspic jelly. The quality of it was clear and sparkling. Some of it had been tinted in a delicate green with spinach, and some in yellow by using saffron. The jelly was cut in square cubes, three inches in size, and piled up on the dish around the ham, and a few pieces quivered on top. Slices of lemon added to the pretty effect.

So much for looks. Now for the taste. Says Madame: "I always buy a good ham, in the first place. It should be well rounded, plump, with thin, unwrinkled, pliable skin, a short tapering shank, small bones, and white fat. When you see a ham like this, you may rest assured that the animal from which it was cut has been well fed, cleanly kept, and quickly fatted. Large hams are always best, those weighing fifteen or sixteen pounds. A day before the ham is to be cooked, I scour it with a vegetable brush and cold water with a trifle of borax in it. When baked, the ham only requires four hours boiling. Be sure the water entirely covers the ham. Let it come to a boil very slowly. Remove the scum as it rises. Then, when it begins to boil, add a chopped turnip and carrot, twelve allspice berries, two cloves of garlic, the outside stalks of a bunch of celery, twelve peppercorns, one bay leaf, two chopped onions, two blades of mace, twelve whole cloves, and a quart of cider; or, if that is not handy, use a cup of vinegar. The ham must not boil, only simmer slowly, as that is the secret of making it perfectly tender. Twenty-five minutes should be allowed to the pound, as most hams are used cold; that is, after the first meal, anyway. It will insure its being more juicy, if the ham is allowed to remain in the kettle liquor until it is nearly cold. Then lift it out, and it is ready to prepare and garnish for the table.

"If you wish to bake it after boiling the ham the required four hours, peel off the skin, and roll the ham in dried bread crumbs, with brown sugar sifted in, two tablespoonfuls. Set it in a moderate oven, to bake four hours. Then take from the oven and stick in cloves at intervals, and return to the oven for another hour's baking. In serving, a garnish of hard-boiled eggs is pretty for the home table."

"Do you ever glaze the ham?"

"Yes, for baking. It must be allowed to cool after boiling, then skin, wipe dry, and brush all over with a beaten egg. Mix up with sifted cracker crumbs

a little pepper and salt, and enough butter to make a paste. Spread it over the surface evenly. Set in a moderate oven, and bake until a delicate brown. This will not require more than an hour; and, of course, the ham should previously have been thoroughly cooked by boiling. It is delicious served with a brown sauce, flavored with sherry.

"Ham will keep for weeks if placed in a cool, dry receptacle, a chilled storeroom or a refrigerator. After each carving brush the cut end with melted butter. This will keep the meat from drying."

"What do you do with the 'scraps,' Madame Beaucaire, when you reach the bone?"

"Why, then is your chance to display your ingenuity. Mince the meat fine, and make ham croquettes, by adding a cup of milk and two tablespoonfuls of stale bread crumbs to a cup of the ham. Cook to a smooth paste. Add a few drops of onion juice, a tablespoonful of minced parsley, and the beaten yolk of an egg. When the mixture is cool, roll into small balls. Dip each in the white of an egg, then roll in fine cracker crumbs. Fry in deep fat.

"Minced ham, a beaten egg, and a little cream, cooked up, makes a nice relish for breakfast or luncheon. Made the same way, but with only liquid enough to form a paste, you have a fine filling for sandwiches. For an omelet take a few tablespoonfuls of the ham, seasoned with a dash of pepper and a teaspoonful of chopped chives or parsley, and spread between it, as you transfer the omelet to the platter. This is deliciously appetizing.

And these hints," finished Madame, "are only a few of the many ways in which 'left-over' bits of ham can be used to advantage. You need never tire of your boiled or baked ham, as its table possibilities are just about unlimited."

(*Concluded from page 37*)

greater density when cold, the bulk should float at about 26°, when testing hot syrup. To this syrup, when cold, lemon, orange, strawberry, raspberry, or other fruit juices may be added to produce sherbets of corresponding names. The question that occurs at once is, How much of these juices are needed? For desserts, completed ices, no matter what the flavor, should have a uniform density of 20° (see illustration, page 32). To secure this result, it is evident that more juice of one kind than of another would be needed; for the quantity of sugar and water in composition varies with the kind of fruit and, also, with the same kind of fruit at different times. This is why uniformity of result in the preparation of ices cannot be assured without the use of the syrup gauge.

To reduce the quantity of syrup given above from a density of 28° to 20°, a generous cup of lemon juice is called for, while one and a half times to twice that quantity of strawberry juice will be needed. The average length of time required to boil a quart of water and a pint of sugar (a pound of sugar and two pounds of water) to 28° is about twenty minutes, counting the time after boiling actually begins.

The wedding cake, shown on cover, was gotten up by Mrs. E. F. Mitchell specially for this issue of the magazine. The decorations are natural white roses, mint and rose leaves preserved by crystalization. A birthday cake also ornamented by Mrs. Mitchell, with crystalized pansy blossoms and leaves, will be shown in the next issue of the magazine.

When you find yourself, as I daresay you sometimes do, overpowered as it were by melancholy, the best way is to go out and do something kind to somebody or other.—*John Keble.*

QUERIES AND ANSWERS

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1034.—A. H., Boston: "Can chicken or fish mousse be made by the recipe given in the April magazine for ham mousse? How are almond and cocoanut milk obtained? Is Vienna cream sauce a pudding sauce, and with what kind of pudding is it served? Kindly explain about 'planked chicken.'"

Chicken or Fish Mousse

Chicken or fish mousse may be made by following the recipe given for ham mousse. Of course, as neither of these articles has been salted, soaking over night is not required. Use Bechamel sauce with chicken and Hollandaise or fish Bechamel with the fish mousse.

Almond or Cocoanut Milk

Pound in a mortar a cup of almonds or a cup of cocoanut meat, ground fine, adding from time to time a tablespoonful of cold water, until the whole becomes a fine smooth paste. Dilute with a pint of milk or water, and strain through a cheese-cloth, pressing out all that will pass through the cloth.

Vienna Cream Sauce

Vienna cream sauce is used for hot puddings in place of hard sauce, which it resembles somewhat.

Planked Chicken

A planked chicken is not usually cooked on a plank, though it may be so cooked. The chicken is dressed as for broiling, and is then cooked in a hot oven or over the coals. Often the chicken is cooked in a hot oven about twenty-five minutes. Bacon may be spread over the chicken during the cooking, or butter may be used for basting. Finish by holding the skin side, in a broiler, over the hot coals. Serve on a hot plank. Finish the edge of the plank with a narrow border of hot, boiled rice. For variety the rice may be cooked in tomato purée. Buttered asparagus tips may be used to fill any open spaces between the chicken and rice.

QUERY 1035.—Housekeeper, Boston: "Recipe for 'cheese pudding.'"

Cheese Pudding or Custard

Butter a small baking-dish. Put in a layer of bread, cut in pieces one inch square, with crust removed, and sprinkle thin-sliced cheese over the bread. Add a dash, each, of salt and paprika. Add other layers of bread and cheese, seasoning as before, using in all half a small loaf of bread and one cup, half a pound, of cheese. Beat two eggs. Add one pint of milk, and pour the mixture over the bread and cheese. Bake about half an hour in a moderate oven. Unless the heat be very moderate, it were well to bake this pudding on several folds of paper and surrounded by hot water. This makes a most excellent luncheon dish, and is especially good either with a simple green salad or stewed apples or dried fruit.

Query 1036.—Mrs. B. J. T., Marlin, Texas: "Directions for preparing 'Marrons glacés' and 'a steamed Graham pudding;' a recipe for angel cake in which the ingredients are weighed, and the length of time the 'Delight Pudding' should be steamed."

Marrons Glacés

Cut a gash in each chestnut shell. Cook three or four minutes in boiling water, drain, dry off a little, and then add a teaspoonful of dripping, for each pint of nuts. Shake the pan, to oil the shells, then set into the oven three or four minutes. With a sharp penknife shell the nuts. The inner brown skin will, when the nuts are thus treated, adhere to the shells, leaving the nuts ready to cook. Let simmer in water until just tender. Have ready a syrup made of sugar and water, each equal in weight to the weight of the nuts. Add the drained nuts to the syrup, let simmer half an hour or longer, then cover and set aside until the next day. Reheat and simmer until the syrup is reduced to just enough to cover the nuts. A little citric or tartaric acid cooked in the syrup will help to keep it from sugaring. Flavor with vanilla.

Steamed Graham Pudding

Pass through a coarse sieve one cup of Graham flour, half a cup of white flour, half a teaspoonful of salt, one level teaspoonful of soda, and one teaspoonful of mixed spices, as cinnamon, mace, and cloves. Beat one egg. Add half a cup of molasses and half a cup of sweet milk, and stir these into the dry ingredients. Stir in also four tablespoonfuls of melted butter and three-fourths a cup of fruit, as currants, sultana raisins, chopped figs, dates, or prunes. Steam three hours. Serve with hard or liquid sauce.

Steaming Delight Pudding

Steam this pudding about three hours.

Angel Cake

Measure out one cup of egg whites, half a pound in weight. Beat these until foamy. Add half a teaspoonful of cream of tartar, and beat until dry. Then fold in one cup (half a pound) of fine granulated sugar and a teaspoonful of vanilla extract; now fold in one cup of flour. Bake in an unbuttered tube pan, having the heat a little stronger than for a yellow sponge cake. Thirty to fifty minutes' baking will be needed, according to the depth of the mixture in the pan. Some cooks prefer to pass the flour and sugar together through a sieve several times, and then fold this mixture into the whites, beaten dry.

Query 1037.—L. M. C., Harrisburg, Col. "Recipe for a white cake of a size calling for seven eggs."

Elegant Cake

Beat one cup of butter to a cream. Gradually beat in two cups of sugar. Add, alternately, half a cup of milk and three and one-half cups of flour, sifted with four level teaspoonfuls of baking-powder. At the last, add the whites of seven eggs, beaten dry, and a teaspoonful of vanilla extract. Bake in layers or in one sheet.

Query 1038.—Mrs. J., Natick, Mass.: "Recipe for clam cocktails."

Clam Cocktails

Have about two dozen Little Neck clams, freshly opened. Rinse them carefully in cold water, and cut in halves, if desired. Then set them aside to become chilled. Mix a teaspoonful of grated horseradish, one-fourth a teaspoonful of tabasco sauce, a tablespoonful of Worcestershire sauce, a tablespoonful, each, of lemon juice and vinegar, half a teaspoonful of salt and one or two tablespoonfuls of tomato

catsup. Mix with the clams, and serve in cocktail cups. Or put the prepared mixture in a cocktail cup, set the cup in the centre of an oyster plate, having the clams on the half-shell in cracked ice, as when serving raw oysters. The clams taken on the fork are dipped into the cocktail mixture, and then eaten.

QUERY 1039.—Mrs. W. R. C., Santa Cruz, Cal.: "Recipes for Bar-le-duc and maple mousse."

Bar-le-duc

For Bar-le-duc, see page 521, May, 1905, magazine.

Maple Mousse

Add three-fourths a cup of maple syrup to a pint of double cream, then beat the mixture with a Dover egg-beater until it is thick to the bottom of the bowl. Turn into a mould lined with waxed paper, filling the mould to overflow. Spread a paper over the top, press down the cover, and bury in equal measures of fine-crushed ice and salt.

Maple Parfait

Heat three-fourths a cup of maple syrup, and turn in a fine stream onto the yolks of three eggs, beaten until thick. Cook the mixture over hot water, stirring constantly until thickened to coat the spoon, then beat occasionally until cold. Beat one cup of double cream and one cup of cream, poured from the top of a bottle of milk, until thick to the bottom of the bowl, then gradually fold it into the maple mixture, and freeze as above. This quantity fills a quart mould.

QUERY 1040.—M. E. J., Montreal, Can.: "Recipe for white lady cake."

Lady Cake (Sara Brugière)

Beat half a pound (one cup) of butter to a cream. Gradually beat in one pound of sugar (two cups), then three-fourths a pound of flour (three cups). Flavor with rose-water and extract of bitter almond. Add, lastly, the whites of the eggs, beaten to a stiff froth. Bake in one or two loaves in tins lined with paper.

Lady Cake (Mrs. Seely)

Cream half a pound (one cup) of butter, beat in gradually one pound (two cups) of sugar. Add the whites of sixteen eggs, beaten stiff, three-fourths a pound (three cups) of (pastry) flour, and two ounces of bitter almonds, blanched and pounded with rose-water to a fine paste. Bake in shallow tins in a moderate oven.

QUERY 1041.—New subscriber: "Recipes for strawberry cocktails, frozen orange sauce, chicken gumbo, Southern style, whole wheat bread, and Green Ravigote sauce."

Strawberry Cocktails

Cut choice strawberries, thoroughly chilled, in halves or quarters. Mix with a combination of fruit juices, lemon, orange, pineapple, etc., and a little sugar. Pour over the berries disposed in cocktail glasses. Wine is sometimes used with the fruit juice. Serve very cold (often they are surrounded with crushed ice) as a first course at luncheon.

Frozen Orange Sauce

Boil half a cup of water and three-fourths a cup of sugar to the thread degree. Then stir in a fine stream onto the beaten yolks of five or six eggs, beating constantly, meanwhile. Add two tablespoonfuls of Kirsch, half a cup of orange juice and pulp, and the juice of half a lemon. Set the dish on ice, and stir with a whisk until cold, then fold in three-fourths a cup of whipped-and-drained cream, and the whites of three eggs, beaten dry. Let stand on ice until ready to serve or freeze as an ice-cream.

Chicken Gumbo (Southern Style)

Select a tender but not over-fat chicken. Singe, draw, and cut in small pieces. Melt one-fourth a cup of butter in a stew-pan. Add a chopped onion and two ounces of ham, cut in tiny pieces. Stir and cook a few moments, then add the chicken, and cook until all are lightly browned. Dredge in one-fourth a cup of flour, mix thoroughly, then add two quarts of water or, better, light stock, two tomatoes, skinned and cut in pieces, a sweet pepper, cut in shreds, and a sprig or two of parsley. Let simmer until the chicken is tender, then skim off the fat, and take out the parsley. Move the saucepan (which must not be iron) to a place where the contents will not boil, and sprinkle in about four tablespoonfuls of gumbo or filé powder, stirring constantly, meanwhile. Add salt as needed, and pour into a tureen. Serve with a dish of plain, boiled rice. Press out and discard the seeds from the tomatoes. The flour may be omitted, as the filé powder thickens the soup. A quart or less of tender green okra pods, cut in rings and added with the chicken, is a great improvement to this soup. This soup is often made with the bones and remnants of a roasted fowl instead of with the chicken.

Whole-wheat Bread

To two cups of scalded-and-cooled milk, or half milk and half water, add a yeast cake, softened in half a cup of lukewarm milk or water, one teaspoonful of salt, two tablespoonfuls of sugar, and two tablespoonfuls of butter. Then stir in six or seven cups of flour, white and entire wheat half and half, turn onto a board dredged with flour, and knead until smooth and elastic. Then cover, and set aside in a warm place until doubled in bulk. Cut down, shape into loaves, and, when again nearly doubled in bulk (about one hour), bake about one hour.

Green Ravigote Sauce (Cold)

To a cup of mayonnaise dressing add half a tablespoonful, each, of chopped parsley, chives, chervil, tarragon, and shallot. Tint green with a little spinach juice.

Ravigote Sauce (Hot)

Chop fine two shallots. Add two tablespoonfuls of butter and two tablespoonfuls of vinegar. Let reduce one-half, then add a cup of white sauce made with stock, and finish with fine-chopped herbs as above.

QUERY 1042.—A. H., Harlem, N.Y.: "What kind of soda is used in tomato soup?"

Soda in Tomato Soup

Sodium (soda), an element of the alkali group, is used in the household, in the form of sodium carbonate, sal-soda, or washing soda, and sodium bicarbonate, or cooking soda. The alkaline property is very much stronger in sodium carbonate, Na_2CO_3 $10H_2O$, than in sodium bicarbonate, $HNaCO_3$.

QUERY 1043.—Mrs. R. G. H., Boston, Mass.: "Menus for a child about two and one-half years of age."

Breakfast.

Boiled Rice, Cream.
Pulp of three or four Prunes.
(Skin at discretion.)
Zwiebach.
Milk.

Dinner.

Chicken Broth with Rice.
Broiled Beef, Tenderloin.
Asparagus Tips with Cream.
Entire-wheat Bread and Butter.
Strawberry Jelly
(Seeds sifted out. Use very little sugar.)

Supper.

Bread and Butter.
Junket with Sponge Cake Crumbs.

Breakfast.
Barley Crystals, Cream.
Egg Poached in Milk, Served on
Well-toasted Bread.
Milk.

Dinner.
Cream of Asparagus or Spinach
Baked Potato with Cream.
Spinach (Sifted.)
Boiled Custard.
Sponge Rusks.

Supper.
Hot Pulled Bread.
Milk.
Rye Bread and Butter.
Stewed Peaches (Dried).

Breakfast.
Juice of Sweet Orange.
Gluten Grits, Cream.
Bread and Butter.

Dinner.
Mutton Broth with Barley.
Slice of Boiled Fowl.
Macaroni with Cream.
Bread and Butter.
Grape Juice Thickened with Tapioca and
Egg Whites, Cream.

Supper.
Hot Boiled Rice, Milk.
Stewed Prunes.
Bread and Butter.

Breakfast.
Vitos, Cream.
Stewed Apples (Evaporated).
Slivers of Broiled Bacon.
Pop-over.
Milk.

Dinner.
Broiled Halibut.
Baked Potato.
Peas.
Prune Whip, Boiled Custard or Cream.

Supper.
Bread or Crackers. Milk.
Sponge Rusks.

Breakfast.
Pineapple Juice.
Boiled Rice, Cream.
Soft Egg in the Shell.
Milk.

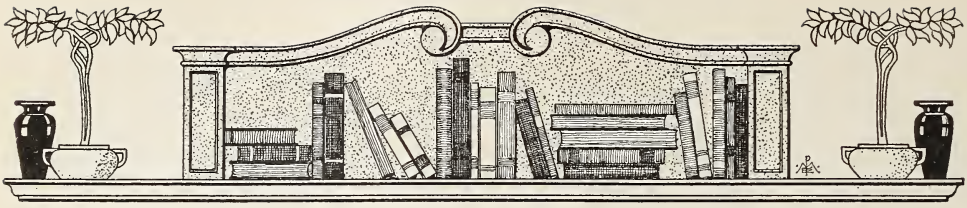
Dinner.
Slice of Roast Beef, Cut Fine.
Mashed Potato.
Asparagus Tips, Platter Gravy.
Half Frozen Raspberry Juice.

Supper.
Toast with Hot Cream.
Bread and Butter.
Milk.

DR. C. F. LANGWORTHY, of the Department of Agriculture, Washington, D.C., sends the following in reference to "green wheat soup," a recipe for which was asked for in Query 1031:—

"Grünkorn" Grits

"Grünkorn" grits, or "grünkern" grits, which are very popular in western and southern Germany, are made from wheat grain gathered before it is thoroughly ripe. Apparently, both emmer and spelt, as well as ordinary wheat, are used for making the grits. The grits are sold in packages, and are very commonly found in German grocery stores, a well-known sort being Knorr's Grünkorn-mehl. Katharina Prato, in "Süddeutsche Küche," 36th ed., Graz, 1904, p. 97, gives a recipe for grünkorn soup, as follows: Mix grünkorn grits with a small amount of cold broth or bouillon. Pour this into the hot soup, and cook for a quarter of an hour. Two soup spoonfuls of the grits will be required for a litre of soup. Beat an egg yolk into the hot soup, and pour over toasted bread, boiled rice, roll pancake, cut in narrow strips (pancake noodles), or bits of chicken, etc., and serve. The soup may also be made with water and a little salt instead of bouillon. When this is done, a little butter or slightly sour cream should, also, be used, or, if preferred, the soup may be poured over cooked macaroni, seasoned with Parmesan cheese before serving.



Book Reviews

ANY BOOK reviewed or advertised in this magazine will be sent postpaid on receipt of the price by the *Cooking-School Magazine.*

THE COUNTRY HOME. By E. P. Powell. Cloth. Illustrated. Price, net, $1.50. New York: McClure, Phillips & Co.

This book is dedicated to all those who are weary of the conventionalism and confinement of city life, and believe that the birds sing and the brooks laugh and the trees grow and the flowers blossom for them, and that it is on the hillsides and along the valley slopes that they may find most of happiness, contentment, and prosperity.

The author maintains that industrialism, and not mere sentiment, is working away from the cities countryward. The mischief of packing population began with the introduction of steam power. The conditions which thus drew the people into masses reached their maximum influence about 1904. From that date the reaction has been steady. The introduction of electricity as a motive power, the trolley roads, and rural telephone service have resulted in an evolution that constitutes a revolution. Urbanism spreads out into suburbanism, and suburbanism widens to cover the larger part of the country, because the advantages of contiguity are no longer sufficient to overcome the advantages of individual living. The close contact, the smoky air, the pinched freedom of action, the deprivation of orchard and garden, no longer seem tolerable, because they are unnecessary.

The volume tells all about the selection and management of the country home. The author's purpose is to help one to get acquainted with the trees, brooks, and birds, to develop a capacity for society with things, and to open that big book whose pages are pastures and forests and meadows and farmstead hillsides. He has little to do or to say about the accumulation of wealth, but much of the evolution of a simple life, where wealth is of little importance. In the country our first aim is not to amass, but to produce, not so much to spend, as to create.

We like this book, and believe it is just what many people are waiting to see. It will be helpful to many people, and meet the approval of many others. Books on country life are as popular to-day as romances. They indicate the growing interest in simpler and more natural ways of living.

MANUAL OF EXERCISES IN HAND SEWING, AND SEWING AND GARMENT DRAFTING. By Margaret J. Blair. St. Paul: The Webb Publishing Company.

Mrs. Blair is Instructor of Sewing in the School of Agriculture, University of Minnesota.

The "Manual of Exercises" is designed for public schools and beginners. It gives explicit directions for every stitch and process of sewing, and each is illustrated by a picture of a sampler, showing the work.

"Sewing and Garment Drafting" takes up the work at the stage when pupils have acquired a proficiency in all

kinds of stitches. A practical application of these is made, and a study of materials for sewing is outlined before entering upon work in garment drafting. The study of materials is of much value, teaching how to judge and treat all kinds of fabrics. The system of drafting is a most satisfactory one, such as is taught individually at large expense, and the directions and charts are so clear that no one should have any trouble in learning it without an instructor. With this book the woman skilled with her needle, or able to become so, can readily fit herself for all kinds of home dressmaking and sewing.

The work covered by these two manuals is taught in the Agricultural School classes, which correspond to high-school work.

Dainty Dishes. By Adolph Meyer. Cloth. Price $1.00. New York: The Caterer.

This is a new book by the author of the "Post-graduate Cookery Book," etc., who is at the present time superintendent of the Knickerbocker Club of New York.

The recipes are classified under the following headings: cold hors d'œuvre and savories (33 recipes); hot hors d'œuvre (33 recipes); fish and shellfish (55 recipes); cold entrées; hot entrées, and miscellaneous dainty dishes (101 recipes); vegetables (27 recipes); egg dishes and cheese dishes.

The dishes are dainty, and give an up-to-date epicurean touch to the service, but it must not be thought that they are too expensive for the average house. Many of the "made" dishes are, on the contrary, economical in preparation and very profitable to serve.

The reputation of the author is sufficient guaranty of the excellence of this work. It may be styled as a collection of somewhat new and noteworthy dishes, which represent the highest type of European and American cookery.

Household Cookery. By E. Crichton. New York: Longmans, Green & Co.

A book of elementary principles and practical recipes by an English teacher of cookery. It is a very plain, simple, and comprehensive manual. Every item in the table of contents is easily accessible and available for immediate use. A compact and useful handbook in fewer than one hundred pages.

Lake Placid Conference

Seventh Annual Lake Placid Conference on Home Economics is in session at Lake Placid Club, Adirondacks, N.Y., between June 26 and July 1, 1905.

During the first five years attention has been concentrated on the educational side of this work, and attendance has been largely limited to teachers and specialists. The time now seems ripe for placing before the public and the investigator the double motive implied in good health; *i.e.*, economic efficiency and enjoyment of life as the most effective incentive to the study of euthenics, the science or art of right living. Tuesday and Wednesday will be devoted to reports and progress in course of study for elementary, secondary, and trade schools, colleges, universities, home education, and outlines for women's clubs. Thursday and Friday the food problem, personal hygiene and industrial problems in the home, with standards of routine work, will be discussed. A large attendance is invited. Conference members are asked to send addresses of friends to whom they would like to have programmes sent, or, if wished, extra copies will be furnished them.

Expenses

The New York Central, Boston & Albany, Boston & Maine, and Delaware

& Hudson Railroads will sell conference tickets from leading stations from June 15 to July 1, good for return trips till July 15, at one fare plus $1.00. Rooms at the club, ranging from $1 to $5 a day, will be one-half price, and meals at co-operative cost to members, $1.50 a day, in June and $2 a day after July 1. Two in a room lessens expense materially, as there is no additional charge for room. Extra beds are 25 cents a day.

The total cost of the trip, including board and average room from points not farther than New York, Boston, or Buffalo, will be about $25 to $30, plus any excursions or other luxuries of travel one may choose.

Among the subjects considered the latter part of the week are the following:

WEDNESDAY, 28 JUNE, 8 P.M.

"What the Government is Doing for Domestic Science Teachers." Dr. C. F. Langworthy, Ph.D., United States Department of Agriculture, Washington, D.C.

"Suggestions for Home and Club Study." Miss Maria Parloa, Bethel, Conn.

"Protein Metabolism in its relation to Dietary Standards." Otto Folin, M.D., McLean Hospital for the Insane, Waverley, Mass.

"Diet as a Cause in the Increase of Chronic Maladies." J. H. Kellogg, M.D., Battle Creek Sanatorium, Mich.

"Food Fads." Discussion.

THURSDAY, 29 JUNE, 8 P.M.

Summary of recent investigations of Professor Chittendon and Mr. Fletcher, of Yale University: "The Attitude of the Scientific Man toward Food Habits." Mrs. Ellen H. Richards.

"Diet and Health." William O. Stillman, Albany, N.Y.

"Dietary Work with Students." Miss Isabel Bevier, University of Illinois, Urbana; Miss Alvena Pettee, Clarkson Memorial School of Technology, Potsdam, N.Y.

"Food Values in Family Menus." Miss Anna Barrows, Boston.

"Hours and Sequence of Meals in Relation to Health, Business Requirements, and Social Needs." Discussion.

FRIDAY, 30 JUNE, 8 P.M.

Household Industrial Problems.

"Safe Food, and How to get it." Mrs. Mary Hinman Abel, Baltimore, Md.

"The Architect and the Housewife." Mrs. Ethel Fifield Brooks, New York.

"Experimental Work toward fixed Standards." (1) Johns Hopkins Training School, Miss Ross, Baltimore, Md.; (2) Simmons College Miss Sarah Louise Arnold, Miss S. Maria Elliott.

"Standards for Routine Work." (1) In the Home Mrs. Lewis Kennedy Morse; (2) For Large Numbers, Mrs. Melvil Dewey, Lake Placid Club.

Society folk of London are much amused at a recent misadventure of Lord Newtown-Butler, who is a dignified, smart-looking man, with rather a stiff carriage, and who is himself responsible for the story.

It was a musical at-home in Belgravia, to which his lordship was invited, and, being a rainy night, he wore a felt hat and a long waterproof coat over his evening dress. The family butler opened the door to him, looked puzzled for a moment, and then asked tentatively, "Name, please?"

"Lord Newtown-Butler," the reply.

"Oh, Lord Newton's butler, are you? Come along, old chap, and have a drop of something in the housekeeper's room. They've got a job lot upstairs to-night, and your master ain't come yet, if you're looking for him."

"With pleasure," said his lordship, who spent a chatty five minutes with the butler over a glass of Burton ale. "Much obliged to you, I'm sure, and now I think I'll go and have a look at the 'job lot' in the drawing-room."

And, to the butler's horror, his new acquaintance strode up the stairs, and was soon warmly shaking the hand of his hostess.

Douglas Jerrold was asked to contribute to a subscription fund for a needy author, and impatiently inquired the sum needed. "Well," was the response, "I think just four and two naughts will put him straight."

"Put me down for one of the naughts," was the reply.

For Summer-time Cookery

Royal Baking Powder

Is the Greatest of Helps.

What so tempting to the laggard appetite as a light, flaky fruit short cake or a delicate hot biscuit?

Royal makes the perfect short cake, biscuit and muffin, and improves the flavor and adds to the healthfulness of all risen flour-foods.

It renders the biscuit, hot-bread and short cake more digestible and nutritious, at the same time making them more attractive and appetizing.

Royal Baking Powder is indispensable for the preparation of perfect Summer-time foods.

ROYAL BAKING POWDER CO., NEW YORK.

Japanese Surgeons

We are getting a little weary of hearing how much better the Japanese do things, but Dr. Anita Newcomb McGee tells us something about Japanese surgeons that contains a hint to our own good doctors. "Their methods are very similar to ours," says Dr. McGee, "only they pay more attention to the whims of their patients." Just think what a violation of ethics it would be in this country for the physician or the nurse to pay any attention to the whims of a patient. If the dentist gets hold of your tongue instead of the decayed tooth, you are supposed to suffer and be silent, while the hospital patient who develops whims is apt to find himself in the ward for the insane. It is possible that we may still be able to learn something from the heathen.

One would hardly have supposed that a distinguished Frenchman like our present guest, M. Réné Millet, could come from the land of gastronomics *par excellence* to be given at the table of the superintendent of the Deer Island Reformatory a dish which he pronounced "Delicious," and which he had never tasted before. It was simply escaloped oysters; but Captain Gerrish will perhaps go down in his note-book among the benefactors of the race. Anyhow, he has long since earned his place there by his faithful and sympathetic study of the dietary and all other parts of his job, at Deer Island, of building up the physique and character of the human flotsam and jetsam that drifts ashore there.—*Transcript.*

Coffee Congestion

Causes a Variety of Ails

A happy old lady in Wisconsin says: "During the time I was a coffee-drinker I was subject to sick headaches, recurring every two or three weeks, and sometimes lasting two or three days, totally unfitting me for anything.

"To this affliction was added, some years ago, a trouble with my heart that was very painful, accompanied by a smothering sensation and faintness.

"I would be unable to lie down, but was compelled to sit gasping for breath until I was perfectly exhausted.

"Dyspepsia, also, a few years ago came to make life harder to bear. I took all sorts of patent medicines, as well as doctors' prescriptions, but none of them helped me for any length of time.

"The doctors frequently told me that coffee was not good for me; but without coffee I felt as if I had no breakfast. I finally decided about two years ago to abandon the use of coffee entirely, and, as I had read a great deal about Postum Food Coffee, I concluded to try that for a breakfast beverage.

"I liked the taste of it, and was particularly pleased to notice that it did not 'come up,' as coffee used to. I had only hoped that the Postum Food Coffee would help my digestion, but I soon found that it was doing much more than that. The bad spells with my heart grew less and less frequent, and finally ceased altogether. and I have not had an attack of sick headache for more than a year. My digestion is good, too, and I am thankful that I am once more a healthy woman. I know my wonderful restoration to health came from quitting coffee and using Postum Food Coffee." Name given by the Postum Company, Battle Creek, Mich.

"There's a reason," and it is this. Coffee has a direct action on the liver with some people, and causes partial congestion of that organ, preventing the natural outlet of the secretions. Then follow biliousness, sallow skin, headaches, constipation, and finally a change of the blood corpuscles and nervous prostration.

EGG-O-SEE

Everybodys Favorite



THE FOOD WITH THE FLAVOR

Price 10¢

WE offer you EGG-O-SEE in an inner-lined, air-tight, germ proof package, insuring absolute purity. It is the whole grain of the choicest California white wheat, flaked, crisped to a dainty brown, flavored with pure fruit juices. It is far more healthful and delicious than bread, crackers, or ordinary cereal foods. Why buy the slow selling kinds, which come to you 6 months to 2 years old, stale and unfit for use.

SAFEGUARD YOUR HEALTH. BUY EGG-O-SEE. ALWAYS FRESH.

If you can find a grocer who does not sell Egg-O-See send us his name and 10 cents, mentioning this publication, and we will send you a full-sized package prepaid. Address the Egg-O-See Co., Quincy, Ill.
In Pacific Coast and Rocky Mountain territory, the price of Egg-O-See is 15c; two packages, 25c.

Things Worth Knowing

That a little saucer of fresh charcoal kept in the refrigerator helps to keep it sweet.

That sliced raw onion sandwiches are delicious with pressed meat of any kind for a picnic basket. The onions must be delicate in flavor and sliced exceedingly thin.

That a cup of diced oranges added to currant jelly sauce for venison or mutton gives a surprisingly pleasant flavor.

That whipped cream heaped on a freshly made squash pie just before serving adds greatly to its appearance and flavor.

That a freshly made sponge cake split and filled with boiled custard to overflowing, and frosted with boiled icing, is delicious. Children think so especially.

That left-over lobster salad can be turned into a delicious entrée by adding a little cream sauce and proceeding as for deviled lobster.

That an attractive way to serve asparagus tips for salad is to slip them through cucumber rings before they are placed on lettuce leaves.

That two heaping tablespoonfuls of black pepper and two tablespoonfuls molasses and yolks of two eggs stirred together into a batter or paste, and spread on a plate, is excellent for killing flies. BERTHA ELY.

To Improve Baked Beans

Add one cup of cream to a pot of baked beans the last hour in baking.

Add one quart of canned tomato to a pot of beans, and a little sugar instead of molasses, when preparing beans for baking.

Add maple syrup instead of sugar or molasses to sweeten them.

Add an onion or two to a pot of beans as it is put into the oven.

The wife of a missionary in Mexico wrote home the other day that the only kind of tainted money to which she objected was that kind to which, as she contemplated the great needs of that region, she was obliged to apply the sad words, "T'aint ours."—*Congregationalist.*

Dame Nature Hints

When the Food is not suited

When Nature gives her signal that something is wrong, it is generally with the food. The old dame is always faithful and one should act at once.

To put off the change is to risk that which may be irreparable. An Arizona man says:—

"For years I could not safely eat any breakfast. I tried all kinds of breakfast foods, but they were all soft, starchy messes, which gave me distressing headaches. I drank strong coffee, too, which appeared to benefit me at the time, but added to the headaches afterwards. Toast and coffee were no better, for I found the toast very constipating.

"A friend persuaded me to quit the old coffee and the starchy breakfast foods, and use Postum Coffee and Grape-nuts instead. I shall never regret taking his advice. I began using them three months ago.

"The change they have worked in me is wonderful. I now have no more of the distressing sensations in my stomach after eating, and I never have any headaches. I have gained twelve pounds in weight, and feel better in every way. Grape-nuts make a delicious as well as a nutritious dish, and I find that Postum Coffee is easily digested and never produces dyspepsia symptoms."

Name given by Postum Company, Battle Creek, Mich.

There's a reason.

Get the little book, "The Road to Wellville," in each package.



BEECH-NUT BACON is the choicest parts of the most perfectly cured bacon, packed in glass jars, without a suspicion of preservative, air-tight and hermetically sealed so as to keep its original appetizing flavor and daintiness indefinitely. You will feel that you have never really tasted bacon until you have tasted

Beech-Nut Sliced Bacon

Use it to give flavor to chops, steaks, mushrooms, scallops, liver and other dishes. Use it for outings, camps, summer cottages, yachts and bungalows. Use it as plain bacon, with eggs or without. It is the most delicious bacon you ever tasted.

It comes in most convenient form, ready sliced in slices of uniform size. No time is lost in its preparation.

Instantly Ready and Always Good

Mrs. Janet MacKenzie Hill, Editor of the *Boston Cooking School Magazine*, has prepared a number of recipes showing the great possibilities of the use of Beech-Nut Bacon in cooking. This little book, entitled "Beech-Nut Bacon and Other Good Things," will be sent free on receipt of the name of your grocer. The dishes to be made are shown in nine colors.

BEECH-NUT PACKING COMPANY
Canajoharie, N. Y.

Any one who cannot obtain Beech-Nut products easily at her nearest grocery, can, by sending three dollars, receive an assortment of the bacon, beef and conserves, express prepaid, to any place east of the Mississippi and north of Richmond.

The Dietetic Habits of Children

By M. V. O'Shea, in "The Independent"

CHILDREN in rural homes are always first-rate eaters. They partake of everything on the bill of fare, and they leave nothing "on their plates," whereas the urban child in the well-to-do home often fusses over the portion of any dish that is given him, and leaves the half of it uneaten.

The only way to get a child to eat is to awaken his appetite by means of an active muscular or physical life. All modern studies on nutritive processes indicate that food swallowed as a matter of duty is rather an injury than a help to the organism. The investigations of Pavlov show that, when there is no appetite for food, the digestive juices are not secreted, and digestion takes place very slowly, if at all; while the reverse is true when appetite is keen. This means that the stimulus to eat must come from within: it seems worse than useless to be constantly telling a person he *must* eat his dinner, or he will suffer pains and penalties of some sort. Perhaps it would be better to let a child starve of his own volition than to kill him by forcing unwelcome food upon him.

It is possible that we are too solicitous anyway about our children's eating. It is entirely reasonable to suppose that nature is gradually working out modifications in our dietetic practices to conform to the changed circumstances of life. Under modern urban conditions, people must eat less than in the days of old, when subsistence was won by a hand-to-hand conflict with crude nature. Most adults who as children lived out of doors much of the time, but who in mature life have adopted the ways of the city, find that their greatest problem is to restrain their appetites, or, more properly, their eating habits. They are rather the worse off in maturity because they got into the way of disposing of everything set before them in their younger days. It is not unreasonable to suppose that children destined to live under conditions when the muscles will be used very little should form the habit of eating less than their parents did when they were young. At any rate, if we cannot furnish opportunity for our children to engage in muscular pursuits for a considerable part of their time, we cannot expect them to have vigorous appetites, since appetite, at least before habits get fixed, is mainly a reflex or symptom of muscular needs.

Eating is one of those matters that ought never to be dealt with directly to any extent. We must rather deal with the conditions which determine it, and leave the thing itself alone very largely. The worst possible mode of treating it is to make it a task. Think of punishing a child for not drinking a glass of milk which he says he does not want! Could there be any better way of setting him against it permanently? It would be wiser to make food rather difficult to obtain than to force it upon a child. There is a subtle principle of psychology at the basis of this method. We readily grow indifferent toward any article of food that is over-easy to obtain, unless we have formed definite habits with reference to it. One great difficulty in

To destroy disease germs and foul gases, the waste-pipes, sinks, closets, cellars, and every suspected spot should be regularly purified with

Platt's Chlorides

The Odorless Disinfectant.

Sold in quart bottles only, by druggists and high-class grocers.
An illustrated booklet with valuable sanitary hints mailed free.
Address HENRY B. PLATT, 42 Cliff Street, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhœa, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."

Old & Valuable Silver



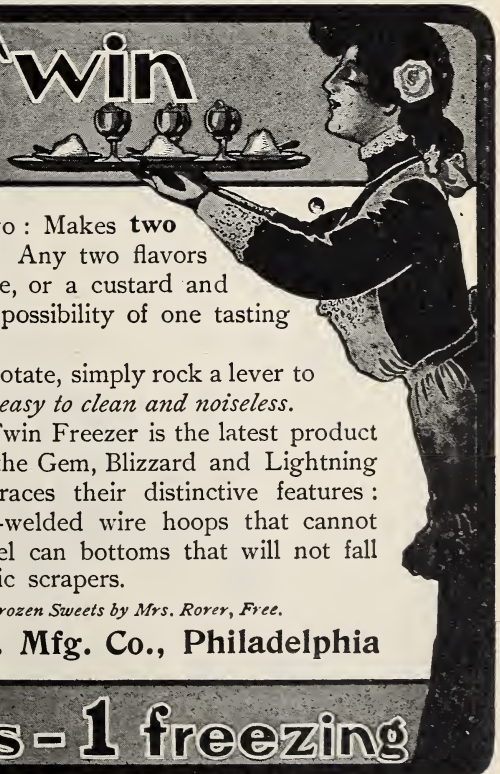
CAN be made to brighten memories of the past without fear of scratch or blemish to the ware, if cleaned with

ELECTRO *Silver Polish* SILICON

It's as harmless as the flour you eat. It makes old silver new—in brilliancy—and keeps new silver always new. At grocers and druggists.

Trial quantity for the asking.
Box postpaid 15 cts. (stamps).
"SILICON," 30 Cliff Street, New York.

American Twin Freezer



— the only freezer that does the work of two: Makes **two different** frozen desserts at the **same time.** Any two flavors of ice cream or ices, an ice cream and an ice, or a custard and a sherbet made at one freezing, without any possibility of one tasting of the other.

Easily and quickly done. No stiff crank to rotate, simply rock a lever to and fro, and read while you work. *Compact, easy to clean and noiseless.*



The American Twin Freezer is the latest product of the makers of the Gem, Blizzard and Lightning freezers, and embraces their distinctive features: Pails with electric-welded wire hoops that cannot fall off; drawn steel can bottoms that will not fall out; and automatic scrapers.

Booklet of Frozen Sweets by Mrs. Rorer, Free.

North Bros. Mfg. Co., Philadelphia

2 flavors - 1 freezing

modern life, among a portion of our people, is that food is too plenty. We urge it on the child partly because we can obtain it with little effort, and he, more or less unconsciously, reacts against the thing forced upon him, whether it be food or anything else. A child ought never to hear such expressions as "I wish you would eat more," or "Why don't you eat as your father does?" and so on *ad libitum*. In every way he should be made to feel that food is not over-plenty, and under no account should eating be regarded as a duty or a task or a burden.

One factor that operates against the establishment of good dietetic habits in modern life is the excitement which fills every hour and minute of the day in many homes. There is so much that appeals to the child mentally that his attention is never relaxed so that he can give himself to the eating process, and the child needs to give this process a certain amount of attention. The boy comes to the table full of the happenings of the day, and his mind works on them with almost feverish intensity. His brain takes all his energy. Under modern conditions in some homes the children do all the talking at table; and, as a conseqnence, they do little eating, and they easily acquire habits of taking less food than they really would take with relish if they were less intensely active intellectually and emotionally. It is worthy of note that often children will show improved appetite when there are guests at table, and the young ones must be quiet and listen. I have observed that in homes where much of the conversation at table is by older members of the family the children are inclined to be better eaters. Eating is their business, not entertainment of their elders or argument among themselves. I do not mean that they should be too rigorously suppressed or be suppressed at all directly; but the older people for the hour spent at table should be most in evidence, and unconsciously the children will play their proper rôle. Adults have established habits, so that their minds can be active: they can sustain arguments and entertain those about them, and still they will get enough nutrition; but it is otherwise with children. In homes where the parents are *leaders*, so that the children enjoy listening to them and unconsciously look to them for entertainment during the hour at table, —in such homes the children will give themselves more fully to the business of eating. If the children eat at their own table in the nursery, then the governess must be the leader who will, in her stories and narrations, furnish the entertainment for the hour.



CORSET CLASP

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CLASP TOP STYLE

For attaching to lower edge of Corset.
Quickly adjusted or removed.

HOSE SUPPORTER

OF YOUR DEALER
Or sample pair on receipt of price.
Mercerized, 25 cents. Silk, 50 cents.

EVERY PAIR WARRANTED

CUSHION BUTTON

THE NAME is stamped on every loop.



GEORGE FROST COMPANY, Makers, Boston, Mass., U.S.A.

About the Word "Worcestershire."

Over **seventy** years ago, **Lea & Perrins** first put on the market a table sauce known as



Lea & Perrins'

Worcestershire Sauce

It has since gained a world-wide reputation; therefore, many manufacturers have used the name Worcestershire, and some even called their crude imitations the "genuine." But the Original and Genuine is **Lea & Perrins'** Worcestershire Sauce. Take No Imitation! Do Not Be Deceived.

John Duncan's Sons, Agents, New York.

SYLMAR OLIVE OIL

DIRECT FROM THE RANCH IN **CALIFORNIA**

Sylmar Olive Oil was awarded the Grand Prize (highest award) at the St. Louis World's Fair in competition with all other olive oils. It is the natural oil of olives, to which nothing has been added, nor anything taken away. Guaranteed pure. It will keep longer than any other oil without turning rancid. We own the ranch, the trees, and the mill. We produce this oil under the most favorable conditions from the finest ripe olives grown.

Sylmar Olive Oil retains all the rich, fruity flavor of ripe California olives, and is most palatable. Sylmar Olive Oil is absolutely the finest article of its kind that can be produced, and can be purchased with the confidence that every bottle will stand the most rigid chemical analysis and be proven absolutely free from adulterants.

$3.00

EXPRESS PREPAID



Natural Oil of Olives Perfected from "Blossom to Bottle" on the Largest Olive Ranch in the World.

Send postoffice or express money order for $3.00 for three quart-size bottles, and we will deliver them to you express prepaid. Give your grocer's or druggist's name, and we will offer him the agency.

We publish a booklet containing physicians' directions for medicinal uses of olive oil, cooking receipts, government recommendations, descriptions of our process, and directions for detecting adulterants in olive oil. We will send this booklet and a sample bottle of the oil to any address for 10c. postage.

Two tablespoonfuls of Sylmar Olive Oil contribute more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs. The body is a machine which must be lubricated in order to run smoothly and be vigorous. Eat natural olive oil freely and pay the doctor less.

Los Angeles Olive Growers' Ass'n, 314 Bradbury Bldg., Los Angeles, Cal.

Ice-cream always in Season Spring Summer Fall or Winter Always Relished by Rich or Poor Junket Tablets Make the Best at Every Door

We mail postpaid ten tablets to make ten quarts for 10 cents, and give you the charming brochure, "Junket Dainties," free.

Chr. Hansen's Laboratory,
Box 2507. Little Falls, N.Y.

Paper to wrap Sausages

A German editor has hit upon a new idea in practical journalism, says the London *Daily Chronicle*. He is mindful of the utility of his paper for making parcels, and especially for tying up the popular sausage. So he addresses his feminine patrons in these terms: "You have often complained to us, dear readers, and especially dear housewives, that our paper smells of printer's ink, and is, therefore, unsuitable for carrying butter, sausages, and fresh bread. Eager to meet your wishes, dear friends and household fairies, we have decided to publish, twice a week, an issue which will be printed only on one side, so that the other will be available for those domestic uses. And, in order that you shall lose no reading matter, these particular numbers will be double the ordinary size."—*Philadelphia Record.*

A Northern man visiting Washington for the recent inauguration asked for pie for breakfast. This astonished the colored waiter, who brought him Washington pie,—namely, layer cake,—which in this instance had a chocolate filling. "See here," said the patron from the North, "I want George Washington's pie, not the Booker Washington variety."—*Philadelphia Record.*

The village of Baiersdorf, which has the reputation of raising the finest horseradish in Europe, is about twenty-two miles south of Bamberg, on the line of railroad to Nuremberg. Horseradish is cultivated almost exclusively on about 1,335 acres of the moist grounds of the valley of the river Regnitz.

"Why do I do that?"

The girl who had quietly gathered several newspapers from the floor and laid them on the table, laughed and colored a little as she repeated her friend's query.

"I'll tell you," she said. "When I



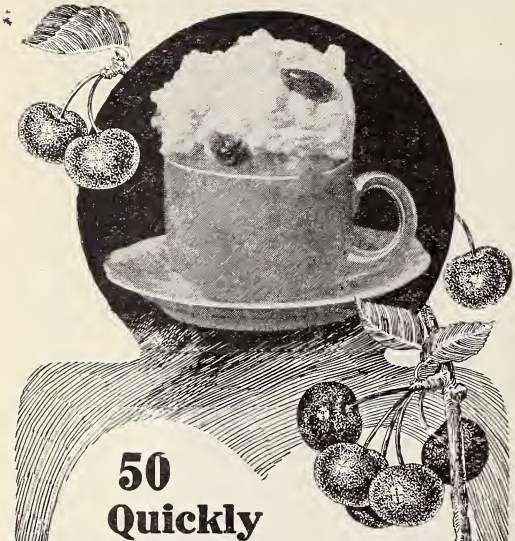
Received Highest Award **Gold Medal** **Pan-American Exposition**

Lowney's Cocoa is not like other cocoas, it is better. The flavor is better — full and delicious. It is absolutely a natural product; no "treatment" with alkalies or other chemicals in order to cheapen the process of making. No adulteration with flour, starch or ground cocoa shells or coloring matter — nothing but the nutritive and digestible product of the choicest Cocoa Beans. A trial will show what it is.

Sample Can (¼ lb.) for 15 cts. in stamps.

P. S.— **Lowney Receipt Book** telling how to make Chocolate Bonbons, Fudge, Icings, etc., at home, sent FREE.

THE WALTER M. LOWNEY CO., BOSTON, MASS.



50 Quickly Frozen Desserts

that can be made *at home* easily, and at little cost, are described in our new beautifully illustrated book, "Frozen Dainties." Every recipe contained in it can be depended upon, and the result is sure when you use the

TRIPLE MOTION WHITE MOUNTAIN Ice Cream Freezer

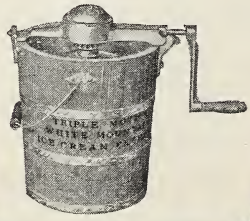
—the easiest and quickest freezing apparatus ever invented—totally different from the ordinary freezer with its slow freezing capacity.

Write to-day for a copy of our new book.

"FROZEN DAINTIES."

It will be sent you free. It tells all about the White Mountain Freezer and the good things that can be made in it. *Write now.*

WHITE MOUNTAIN FREEZER CO., Dept, G, Nashua, N. H.



was a child, my brother and I were always turning the house upside down with our romps. Mother never cared, if we put things to rights again, which, of course, we did not always do. Then it was—

"'Caroline, put that cushion where it belongs.' 'Will threw it on the floor, mamma.' Or, 'Will, did you leave those books on the floor?' 'No'm, Caroline did it.'

"My mother always looked very grave at this. One day, after the usual question and answer about a towel or something that had been thrown on the floor, she called me to her.

"'Caroline,' she said, 'when I was a little girl, I was taught that it was my duty never to pass by a thing out of place without putting it in place, whether I or some one else had originally misplaced it. Do you think you can learn that?'

"Something about my mother's manner stamped the words indelibly on my mind. I never can forget them. It has grown to be a habit with me now to put things back whenever I find them out of place. I scarcely know I do it. And I don't want other people to notice it, either, for the secret lies in doing it so unobtrusively that nobody will be made uncomfortable.

"Mother used to go about so quietly herself, putting things to rights after everybody, and saying nothing about it, except when she tried to correct our carelessness.

"Now you know where I learned that 'tidy-up' habit. But I must not let it annoy anybody."

"No," said her friend, "I don't think you ever will. Did you ever hear this about your blessed 'tidy-up' habit?—

"'Who puts back into place a fallen bar
Or flings a rock out of a travelled road,
His feet are moving toward the central star,
His name is whisperd in the gods' abode.'"

"Mother would have liked that," said the first girl, wistfully.

The Bread Your Mother Used to Make



was better than the bread you get today because in the old days the flour contained more of the nutriment stored in the whole wheat berry. But neither your mother's bread nor the bread made with modern "roller process" flour can compare in nutritive value with

Shredded Whole Wheat Biscuit

which contains all the body-building elements in the whole wheat grain—the most perfect food given to man—and presents them in a form that can be assimilated by the most delicate stomach. The wheat is steam-cooked so as to make the starch granules soluble and then drawn into fine porous shreds which quickly take up the saliva and the gastric juices of the stomach, thus insuring perfect digestion. The Biscuit is made light without yeast, fats, baking powders or chemicals of any kind. It is

"Bread without Flour"

made in the cleanest, largest and most hygienic building in the world devoted to food manufacture.

¶ It is delicious for breakfast with hot or cold milk or cream or in combination with fruits, vegetables, eggs or oysters. ¶ Do you know TRISCUIT? It is the new Shredded Wheat cracker, eaten as toast with butter, with cheese, preserves, tea or chocolate. ¶ Our "*Vital Question Cook Book*" is sent free. Write today.

THE NATURAL FOOD COMPANY
Niagara Falls, N. Y.



TO MAKE ICE-CREAM

in ten minutes simply stir the contents of one package of

Jell-O Ice-cream Powder

into a quart of milk and freeze. No cooking; nothing else to add. Perfectly pure and wholesome. Approved by the Pure Food Commissioners. Highest Award at St. Louis Exposition. The best families in the land are using it. Costs next to nothing.

Four Kinds: Vanilla, Chocolate, Strawberry, and Unflavored.

At all grocers or by mail, two packages for 25c., enough for a gallon of ice-cream.

Write for recipe book with colored illustrations, free. Issued Apr. 15, 1905.

THE GENESEE PURE FOOD CO.,
Le Roy, N.Y.



Clever Booklet Free!

Stern & Saalberg Co. Mfrs., New York

Familiar Sayings

"Nothing new under the sun"—Much that is new unto the daughter.

"Go to the ant, thou sluggard: consider her ways and be wise"—Go to the "uncle" when on your uppers: get his loan and be rich.

"Trust not to appearances"—You are judged by appearances: not much else counts.

"A small leak will sink a great ship"—Many small investments in printer's ink will bring a great growth of patronage.

"Better is a dinner of herbs where love is than a stalled ox and hatred therewith"—Better is a luxurious dinner at your mother-in-law's than a picnic lunch in the woods.

"When lovely woman stoops to folly"—When she wears a long skirt in wet weather.

"To err is human, to forgive divine"—To find fault is human, to have none divine.

"Brevity is the soul of wit"—Small price is the soul of a bargain.

"A soft answer turneth away wrath, but grievous words stir up anger"—Quick wit oft turneth away wrath; but long pondering will oft stir up a feud.—*Philadelphia Bulletin.*

One day Miss Dorothy Drew positively refused to get up, and her grandfather, Mr. Gladstone, had to be called to overawe the rebel. "Why don't you get up, Dorothy?" he asked. "Because the Bible doesn't approve of early rising, grandfather," was the unexpected reply. "Really, Dorothy," said the astonished statesman, "you must be mistaken." "Oh, no, I'm not," she persisted. "Here it is." And she turned up the second verse of the One Hundred and Twenty-seventh Psalm,—"It is vain for you to rise up early." The old parliamentarian had nothing more to say. The argument floored him.—*London Tatler.*

Nicelle Olive Oil



Made and bottled in Nice, France. The purest type of

OLIVE OIL

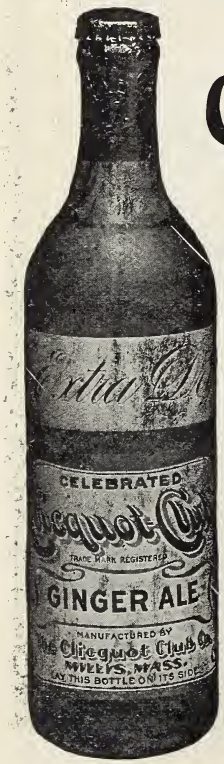
producible, for the tables of those who discriminate.

AT ALL DEALERS'.

SEVILLE PACKING CO.,
NEW YORK.

Send for illustrated Recipe Booklet, free.

FLEISCHMANN'S
VEGETABLE COMPRESSED YEAST
HAS NO EQUAL



DRINK

Clicquot Club

Ginger Ale

THE BEST AND PUREST MADE

Clicquot Club Company

Millis . Mass.

In Charles Dickens's Day

Miss Ida M. Tarbell, the writer, was talking at her residence in New York about servants.

"I have been reading," she said, "John Forster's 'Life of Dickens,' and the book has reminded me of the pompous Forster's body servant, Henry. Dickens described Henry during his last visit to America.

"The man, it seems, was a character. He was devoted to his master. From one year's end to the other he never needed a reprimand.

"It was, therefore, very surprising one night, when Forster was entertaining several writers at dinner, to see the scrupulous Henry make error after error. He upset a plate of soup, and Forster uttered a cry of alarm. He forgot to serve the sauce for the fish, and his master said, 'Why, Henry!' Altogether, he made the excellent dinner seem quite a slovenly and poor repast.

"When, at the end, he had set the port and walnuts on the table, Henry leaned over Forster's chair, and said in a tremulous voice:—

"'Please, sir, can you spare me now? My house has been on fire for the last two hours.'"

Live Upstairs

Those of you who are sick and despondent I would advise to live upstairs for a while, and the chances are you will be well and happy in six months.

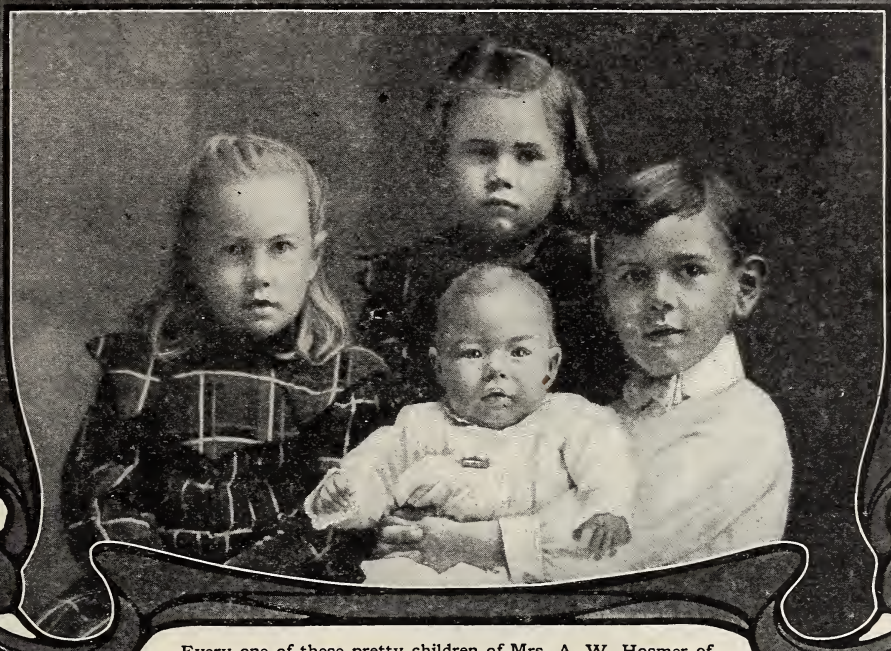
Tommy: "Pop, what becomes of good little calves when they die?"

Tommy's Pop: "Well, if they are very, very good, they become chicken croquettes."



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"You must find that impediment in your speech rather inconvenient at times, Mr. Biggs?"

"Oh, n-no: everybody has his little peculiarity. Stammering is mine: what is y-yours?"

"Well, really, I am not aware that I have any."

"D-do you stir y-your tea with your right hand?"

"Why, yes, of course."

"W-well, that is your p-peculiarity: most p-people u-use a t-teaspoon."

The safest and sanest specialist is the one who knows more than his specialty.

"Truth never grows old," but I know people who would like to shut it up in the home for the aged.

Energy without purpose is no more effective than the combustion of unconfined gunpowder.

You can't expect the bread you cast upon the water to-day to come back in the shape of Parker House rolls tomorrow morning.

"Think twice before you speak once." Even then it might be wiser to look wise and keep mum.—*Jed Scarboro, in Profitable Advertising.*

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If you cannot buy these crackers of any grocer that you can reach easily, we will send ten pounds for $1.50, express prepaid, or two pounds for 50 cents, express prepaid.

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The superintendent of a large Sunday school recently told the children the story of Noah's ark. He asked questions about it afterward. "Now," he said to a small boy, "can you tell me how Noah knew that the waters had gone down?" "Yes, sir," was the prompt response. "Noah knew it because the dove came back with a pickle." Later the small boy's mother explained that pickles and olives were synonymous terms to him.

Little Miss Muffet sat on a tuffet
Eating some Junket one day,
Along come a spider and sat down beside her,
And unto Miss Muffet did say,

"That Junket looks fine, pray ask me to dine?"
Miss Muffet said, "Pray, help yourself."
So the spider and maiden, with palms sweetly laden,
Were seated without any pelf.

Little Miss Muffet then rose from her tuffet
To make her some Junket Cream Ice,
Which she handed the spider, who put it inside her,
And said, "Oh, my stars, that is nice!"



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By sending to-day 5c. for the PERFECTION FAUCET CUSHION.
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IN CAMP AND WILD WOOD

THE BOSTON COOKING SCHOOL MAGAZINE

OF CULINARY SCIENCE & DOMESTIC ECONOMICS

Vol. X. AUG.-SEPT., 1905 No. 2

Hints for the Camp Cook

In the Deep Woods with a Cordon Bleu

The Handy Man

A Wild Dinner

A Calm Retreat

The Prosaic Side of the House

THE BOSTON COOKING SCHOOL MAGAZINE
372 BOYLSTON ST. BOSTON MASS.

$1.00 a year 10 cents a copy

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Finger Bowl with Plate, Made for the Arts and Crafts Society by Union Glass Co.

"Now the sweet September's here,
And the plover pipeth clear,
And each sheltered sheath of satin
Holds a guerdon of good cheer;
And the corn all ripe and high,
Taller far than you or I,
Standeth spear-like to the sky,
In the sunset of the year."



A STUDY IN PEACHES, ELBERTA VARIETY

The

Boston Cooking-School Magazine

Vol. X. AUGUST–SEPTEMBER. No. 2.

Strawberries: Varieties and Planting

By C. B. Smith

Photographs by Wm. Taylor, Dept. of Agriculture

OF all our fruits the strawberry is the easiest to grow and surest to bear fruit. There never was a patch so small and mean or neglected that it did not produce fruit enough for at least one short-cake. Then, too, no fruit responds more readily to care and attention than the strawberry.

A well-cultivated strawberry bed, fifteen feet wide and fifty feet long, will furnish an abundance of fruit for a family of five, with plenty to preserve for winter. Such a bed with good cultivation should yield one hundred quarts, and with high culture, such as our best growers know how to give, even double this quantity.

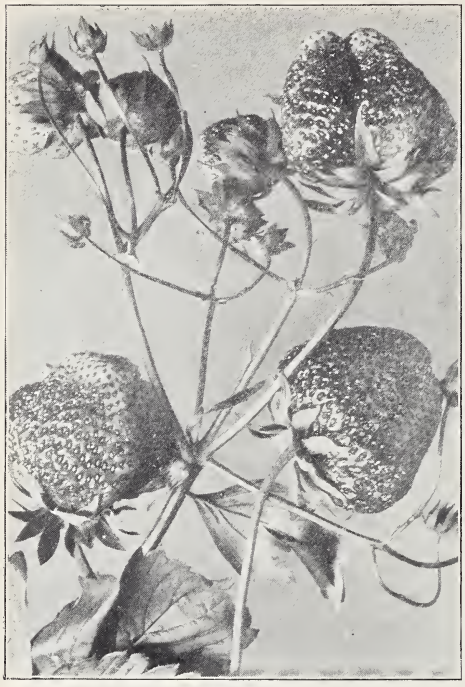
The strawberry is one of the outdoor crops that a woman can grow, and no plant gives more pleasure in the growing. Its white blossoms are among the first of spring, while its rich red and crimson fruits adorn any garden or any table.

Those who neglected to plant a strawberry bed this spring may do so now. This is the last call for the season. August-set plants will not be as productive next spring as plants set out last May, but they will give a fair crop, and the results may so satisfy the beginner that he will set out a larger bed next spring for greater rewards.

Different varieties of strawberries vary as much in quality as apples do. The best shipping apples or strawberries are not the best for eating purposes. In the little home garden we



Lady Thompson



Brandywine

want the best quality and the handsomest fruit. Then we want a variety that yields well. There is great satisfaction and much encouragement in loaded vines grown by ourselves.

The variety, Lady Thompson, shown in the illustration is of the best quality, shapely, quite productive, and one of the earliest varieties to ripen. It is especially valuable for planting in the Central Atlantic and Southern States. But of all varieties for the home garden none surpass in excellence the Marshall. The fruit is large and dark crimson, and the quality the best. It is the variety pre-eminently suited to my lady's garden. It is a mid-season variety, quite uniformly successful throughout the Northern and Eastern States, and does best on a clay soil. For a late berry the Gandy is of the first quality, and no variety has handsomer fruit.

The matter of varieties, however, is largely a local problem. Some varieties yield better and come to greater perfection in a given locality than others, and this cannot be told until after a trial. For this reason it is best for the beginner to leave the matter of varieties to the nurseryman or seedsman from whom he obtains his plants.

All the varieties mentioned above are perfect-flowered varieties, and will produce fruit if planted alone. Some varieties, however, have imperfect blossoms, and cannot fecundate themselves. A number of our best varieties belong to this class. They will not bear any fruit at all unless planted alongside of a perfect flowered kind that blossoms at the same time. The nurseryman will see that the right kinds are sent, if the matter is left in his hands.

Wherever the garden is, there the strawberry will grow, and produce enough fruit for home use if well cultivated and cared for. There may be some failures, if the garden is located in a low, frosty place, but with many of the readers of this magazine the



Sharpless

garden is located on the lot with the home, and cannot be changed.

In planning a bed for five people, make it about fifteen feet wide and fifty feet long. This will furnish enough berries for the family and some for your friends. Gardening expands the heart. Half of the joy in raising fruit comes from the pleasure of giving part of it away.

Prepare the ground by putting on a good big load of stable manure, fifty pounds of bone meal, and a bushel of unleached, hardwood ashes. If the ashes are leached, put on two bushels. Coal ashes are worthless. The manure is best, if well rotted; but use fresh manure, if the rotted cannot be obtained. No fertilizer is so good for strawberries as stable manure.

Have the manure forked or spaded into the soil eight or ten inches deep. Then cultivate, and rake the ground until all the lumps are broken down and it is fine and mellow. Lay off the rows lengthwise of the bed, commencing one and one-half feet from the outer border. This will give five rows.

If plants are obtained from a nurseryman, open the package as soon as it comes, and put the plants in water. They should be planted by the next day. If you get plants from a neighbor, select those that have never borne fruit and that have white fibrous roots. They may be dug up with a garden fork, the dirt shaken off and put directly in a pail of water, and planted as soon as you get home.

There are two methods of growing strawberries. The commercial man, who wants staple berries cheaply, grows them in matted rows. The home gardener who wants the choicest fruit, even if it does take a little more work to produce it, grows them in hills. In hill culture the rows are spaced three feet apart, and the plants are set about eighteen inches apart in the row.

In setting out the plants, cut off the roots to about five inches in length, and trim off part of the leaves. Then make an opening crosswise of the row with a spade. Insert the plant in the opening thus made, then spread out the roots fan-shaped and pack the earth firmly around them, leaving the surface soil loose.

The crown of the plant after setting should be just level with the surface. If the crown is covered up, it will rot. For a bed fifteen feet wide and fifty feet long, with the plants eighteen inches



Matted Row and Hill Systems

apart in three-foot rows, it will take about one hundred and sixty-five plants. They cost usually $1.50 to $2.50 per 100 plants.

After setting out the bed, rake it over lightly about 1 inch deep, leaving the surface mellow and loose. From now on, until growth stops in the fall, keep the bed well cultivated about one and one-half inches deep. Never let a weed appear above the ground, and always leave the top soil loose and mellow.

By the hill method of culture every runner that the mother plant sends out must be promptly cut off. In the matted row system those runners are allowed to set plants, and thus form a mat. By cutting off the runners, as in the hill system, the mother plant greatly enlarges, becoming a big hill the size of a half-bushel measure or larger. The larger and stronger those hills are, the more berries they will produce.

To Muriel

By Lucia W. Eames

Do you remember, dear, the time
When in the summer's golden prime,
In August's sunny, drowsy weather
We two dwelt by the sea together?

Can you recall the boundless deep,
The rocky coast line, high and steep,
The breaking wave, the windy shore,
And the blue, blue heavens bending o'er?

The fields that round me stretch and burn
Into the cooling waters turn;
And in my fancy plain I see
Your sweet face smiling up at me.

All sense of distance is forgot:
Yea, changeful time and space are not,
Since in ripe August's sunny weather
Again we live and love together.



Glass Basket for Flowers. Courtesy of Union Glass Co.

Some Hints for the Camp Cook

By H. W. Jacobs

WHO that knows the joy of camping can dream of a better way to spend a summer holiday? And who is there, provided he does not know, who does not wish to know that joy? To the experienced these hints on camp-cookery may be superfluous, but let the inexperienced be advised.

To begin with, choose a camping place near a supply of good drinking water. A spring is ideal, for it can be utilized as a refrigerator by sinking a box, either in the spring itself or in the overflow, and bottles of milk and cream and jars of butter can be lowered into the cool depths without danger of their being overturned or floated away. A friendly farm-house, within easy walking distance, will insure a supply of fresh eggs, milk, and cream, and with these one can live like a king—without fresh meat.

It is not wise to carry too many spoilable things: a small quantity of salt meat and enough fresh meat for the first meal, some bread and crackers in a tight tin box,—in fact, most of the stores should be packed in tin, as sugars and most starchy foods will collect moisture, and spoil. The canned bacon is the best to take, and "air-tights" generally are a safe investment; but let me warn you against salmon and sardines. Dish-washing in camp is not an unmixed joy, under the best circumstances. You are so sure to run out of hot water before you are half finished; but, when there has been fish for dinner,

"You may scrape, you may scour the dish as you will,
The scent of the salmon will hang round it still."

N.B.—Be sure to put the dish-water on the stove to heat before sitting down to your meal. Then, by the time the meal is over and the fire has died down, the water will be hot.

Probably each and every member of the party will have his or her special preference in the matter of breakfast foods. Those "ready to eat with a little warming" are preferable, for usually the real problem of camp cookery is the lack of heating surface to the stove. Sometimes an oil or gasolene stove is available, but the real back-woodsman uses a logger's stove,—a



A Foraging Expedition



Camp Conewango



The Cook at Work

sheet iron box with a small door through which to introduce the wood, two or three openings in the top with lids, and a short stack. A tin oven can be used with this stove if the cook is sufficiently ambitious to attempt baking; but usually in camp "one eats to live," and variety is not necessary to tempt the appetite.

A steamer is an excellent thing, as several things can be cooked over one lid in this way. For instance, potatoes can be boiled in the lower part while steaming custards and brown bread in the upper. These, with a can of baked beans, would furnish a dinner to delight the camper's heart.

Eggs are easily cooked in many ways, —fried, poached, scrambled, and made into omelets. Soft-boiled eggs—or "soft cooked," as we say—can be prepared off the stove. Pour boiling water over the eggs, the amount increasing with the number to be cooked, cover tightly, and let stand six minutes.

Filtered coffee made in an aluminum coffee-pot will keep hot a remarkably long time; and that, too, can be prepared without taking any extra stove space.

Excellent toast may be made by laying the bread directly on the hot stove top.

It is difficult to control the heat of these stoves, so one of the best ways of cooking is in double boilers. Custards, sauces, cream soups, and salad dressings may be made in this way. For the same reason long-handled forks and spoons will be found most convenient for stirring and turning things, for the stoves seem to radiate heat equally from all surfaces.



The Cook at Play

A chafing-dish is a useful adjunct to a camping outfit. A luncheon can often be prepared without the use of the stove at all; and, when the rainy days come, as come they will, the chafing-dish furnishes amusement as well as refreshment for the party.

In the Deep Woods with a Cordon Bleu

By Helen Campbell

NOTHING more clearly marks the differing ideals in cookery than a study of French Canadian methods as compared with those of our own woodsmen or hunters. The lumber camp, whether of Maine, Minnesota, or Oregon, has its own peculiar dishes, already mentioned in these columns, and the Adirondack guide adds several of his own, the Adirondack flapjack a shining example. But he who hunts in Canada, and has during the idyllic period—an October one, if possible—a French Canadian guide and purveyor, remembers long (in fact, never forgets) the savoriness and charm of the dishes provided by this official. It is the French delight in good cookery, the French delicacy of seasoning to exactly the right point and not a shade beyond, the use also of sweet herbs, a supply of which means but two or three ounces more in the outfit. It means, too, a trained eye that sees every stray mushroom, every bit of edible fungus on a dead tree or by the trail, and tucks both away as the final touch for the evening meal.

This is one phase. Another is that the French love for *bouillon*, or simple soup in any form, manages in spite of difficulties to assert itself, and secure the coveted dish. Naturally there is little time for long, slow preparation; but Jacques or Pierre has found a shorter road, and amazes his charges who for the first time receive from his hands a *tasse* of birch bark folded square, a little peg at each end holding it securely together, and within the savory, grateful *bouillon*. There are tin basins in the outfit he carries as pack; but he who is wise takes the bark *tasse*, and so has one less dish to wash.

What does the bark *tasse* hold? Many things, but preferably, and best of all, a *bouillon* made from birch-partridge. It is known that the legs of these birds have a slight and not agreeable bitterness, but the thick, meaty breasts are quite free from it. So the bird is skinned, not plucked. The waiting dogs receive heads, wings, legs, and skin, and the breasts are put on to simmer gently, a bit of pork added to give the lacking fat. If no onions are in the outfit, the guide knows where to find a bit of wild leek, and often the mushroom or fungus, which at once carries it into the realm of choice entrées. When the dish is three-quarters done, hard-tack to the number of two or three are dropped in, if any are in stock. If not, crumbs from the last loaf or even a thickening of flour is added, and, as the steaming contents are at last poured out, so delicious an odor steals out on the air that it is said bears have been known to get the scent a mile away, and hasten toward the source, to discover its meaning.

Next in desirability comes the October hare, still fat, and the meat as yet with none of its later astringency. These a careful guide soaks in salt and warm water for a time, to remove the wild flavor, in this case too strong for satisfactory eating. This done, he cuts them up, puts them in his close-covered *chaudron*, or iron pot, and lets them simmer all night, either in the embers or in a hole under them. In the morning a *roux* is made with a little pork fat, flour, and condensed milk, and poured in, and toasted bread or biscuits are laid on top to steam. A mere touch of whiskey at the last moment, and the guide warrants this dish able to carry a man through the hardest day's work on to nightfall.

A fat porcupine also makes admirable *bouillon;* but it must first be par-

boiled and the water thrown away, then cooked gently for an hour, adding a few marsh-marigold leaves, sweet herbs, and an onion or bit of wild leek, thickening, finally, and serving first the *bouillon*, then the meat. Frogs' legs, red or gray squirrels with a bit of bacon, and the loin only of woodchuck, also parboiled before cooking, all make desirable *bouillon*, and Friday has its own of fish or even fishes' heads.

This is what the *chaudron* can do. But the frying-pan, after all, is the mainstay, for in it all fish just out of water are fried, the flesh scored here and there to allow the pork fat to penetrate. At times, Indian fashion, they are run through by a stout twig and roasted over the fire, the skin peeling off and leaving the meat with all its juices and delicious flavor. Deer liver, if a good one, is fried with bacon, and so often partridge's, which the guide cuts in halves lengthwise, lays on a bit of bark on a log, and pounds with the side of his axe till not more than half an inch thick, when they are stewed or fried, as the case may be.

With moose meat, either in joints or steaks, it is considered a good thing to hang it a day or two in the smoke of the camp-fire, as thus it loses any unpleasant flavor given it by the feeding. Pan-broiling—that is, putting the steaks or chops in a very hot pan and searing each side, then cooking more slowly, to prevent the juices from running out—is the most usual method: the other parts are baked in tightly closed *chaudron* ovens, either buried in the embers or the meat enclosed in blue clay and also buried till done. Often, if there is time, as on a rainy day, the guide constructs an Indian oven, known to all the generations. This is merely six stones, each with one smooth face, built into a square or oblong box and filled with hard wood burned till the box is full of burning embers. Now the top is thrown off, the embers are brushed out with a bough, and the stones are washed, if that be needed.

This is preliminary. The meat to be baked is now spitted on a stick, the end of which is set firmly in the ground, so that the roast hangs in the middle of the oven. The side stone is put back, the stick is passed through a corner joint, the stone lid is put on and covered close with branches and then sods, which keep in the heat much on the plan of Mr. Edward Atkinson's invaluable invention, the Aladdin oven. If such an oven is built and heated at night, the birds put in it are found in the morning beautifully cooked and ready to be eaten cold or hot. The guide wraps them always in a thin strip of bacon or salt pork, to prevent dryness in the meat, and this is also done with deer meat, treated in the same oven.

As to his own food, he shares the *bouillon* and all other dishes; but his meal is incomplete without *galette*, which he demands at least twice a day. Bread or crackers they insist are not strengthening enough for the work that must be done, and thus *galette*, made of flour, pork fat, and water,—really a species of pie-crust,—is kneaded, flattened to the thickness of the hand, fried in the frying-pan, and eaten hot. The woods and the exercise combined act as antidote, it may be. In any case, dyspepsia appears unknown; and, if the more modern guide knows nothing else, *galette* is certainly to be had, and is accepted by the hunter himself, when bread fails, as no bad substitute. But good food is not lacking, and he who has once tested the powers of the French Canadian guide in this direction is ever after a more discriminating man, sighing for the old flesh-pots, if Canada has been his portion but once, and in his dreams seeing again the camp-fire and scenting once more the savory odor from the steaming *chaudrons*.

The Handy Man

By Kate Gannett Wells

A HANDY man is the greatest convenience a woman can possess. Ever since Eve presumably found him in Adam, family life has more or less depended upon him, save in those uncivilized tribes where, in addition to being a woman, the female has to assume the tasks of the man. But, as specialization has stepped in to take the place of being jack-of-all trades, the handy man is dwarfed, and in many homes has become extinct. Yet what wife or mother would not rather have him round the house than an expert bacteriologist or a connoisseur in ceramics! Only the wealthy, who can issue the day's orders to as many separate individuals as there are jobs to be done, can get along without him.

The handy man is a kind of general mechanician, knowing a little about all useful trades. He is an amateur plumber, carpenter, electrician, surveyor, farmer, nurse, and doctor. The more primitive the section in which he lives, the greater his power. Usually, he has more common sense than other people, and his ready dry humor amuses us, in spite of ourselves; for, though grateful that he can do so many things just well enough, we yet are often annoyed that they are not better done. Still, he is the helpmeet of the tired wife and mother, and has been known to turn the clothes-wringer, make the coffee, wash the dishes, and walk the floor with the baby. That he should lay the kitchen fire and do the chores is part of the widely recognized but unwritten marriage contract.

He may be an inventor spoiled in the making, having taken out several useless patents, or he may have graduated into the handy man from having broken down as minister, lawyer, or insurance agent. The genuine kind, however, starts in life handy, hired out as a boy, and is the sole support of his mother until he falls in love. He straightens out crooked nails, saves strings and paper bags, and eats with his coat on, having a sense of the fitness of things.

He is not the kind that spends money on barns and mowing machines, yet lets his wife fetch water from the well; for he pipes the water supply into the house, as far at least as the kitchen sink. Being handy, he sees the pecuniary value of labor-saving devices for women as well as for men. And, oh, the fences he mends, the gate latches he adjusts, the wagons he repairs! And yet he cannot shoe a horse! He knows with a pitiful sense of his weakness that he is just handy, and that he can do things, but also that he lacks sustained mental vigor, and depends upon the women-folk.

What is the evasive quality he lacks, when yet he has been so ready for pioneer life? Is it that his sense of the immediate and incidental has overweighted his long-headedness and his grasp of broad outlooks? He follows precedents rather than adopts initiative. He is strong in simple expedients, but cannot reason on long lines, his want of self-conceit hindering his being quite sure that he knows it all. Then he is neither masterful nor diplomatic in family life. He is just patient and not over-strong in health; but he calls his wife "dear," and is always a lover.

For all that, he is no longer the product of modern subdivided life, in which specialists are routing handy men; for this is the inner contention of in-

dustrial education. The kind of mechanic high arts and special trades' instruction that is now given to boys as part of school knowledge is lessening their all-round ability to be handy, and is fostering in them a dislike to do anything outside of their expert training. And as a long step from that to marriage comes the result that a home costs more than it once did, partly because the expert husband has not the common sense to be also handy.

His wages as skilled workman seldom are the equivalent of the money he loses by paying others to do little jobs round the house or place. More than that, his pride rebels at doing himself what he could do, but which is not his trade. Yet, if his mother, wife, or daughter, refused to be alike cook, laundress, seamstress, and scrubber, he would upbraid her for her shortcomings, and denounce the public schools for not training her properly to do the multifarious duties of womanhood simultaneously.

The scarcity of handy men increases with each new specialization in industry. We all have heard of happy home lives, where the man is handy, the home jobs he does accruing not only in value of things done, but in savings deposited in the bank. And we also see homes begotten by men trained as experts, where, unless the wages or income is unusually large, bills are run up for repairs, and foreclosure of mortgages follows. Extreme instances these may be of each kind of home, the truth lying between them in daily practice. But any theory of industrial training which over and above its expert success results in a low estimate of the man who is handy, though not skilled, hurts the community; and, just as common sense is as great as any other sense, so should the capacity for being handy be valued as an essential in character. To be handy is to know what to do in an emergency before the doctor or expert arrives.

Of course, it is better to be both the skilled workman and the handy man; but let not the former despise the latter, who will always yearn for expert skill. Again is it, on a more practical plane, the old question of the college-educated or the self-made man. It is so foolish to decry either, when both have given of their best to the world, though each one's best is different in kind from his neighbor's.

However, the handy man is never the left-over man, who, not wanted by any one, is always mildly in the way. Either he did not begin or was not begun in the right way as a boy, and as a "fellow" was shoved aside by the girls, with the fetch-and-carry rôle of social loneliness assigned to him at picnics and balls. He has little grip in his muscles, is understood only by his mother, and becomes either a recluse or marries a shrewish woman.

Perhaps it is in the summer, when a housekeeper is far away from the base of supplies or repair shops, that she best appreciates the handy man. Life then would be impossible without him. Just to see him come in the door with saw or chisel in hand, and to hear him crack his jokes, cheers her up. May technical instruction never wholly destroy his capacity for being the most all-round, helpful kind of home companion ever given to woman!

A little work, a little play
To keep us going — and so, good-day!

A little warmth, a little light
Of love's bestowing—and so, good-night!

A little fun to match the sorrow
Of each day's growing—and so, good-morrow!

A little trust, that when we die
We reap our sowing! and so, good-bye!

Du Maurier.

The Prosaic Side of the House

The Parlor or Living-room

By Mrs. A. D. Smith

IN another article under this heading we spoke of the hall, and introduced ourselves to Mistress Patience Pride, who will, this month, usher us into her pretty parlor, that will perhaps contain some economical ideas for the housewife whose scheme of decoration and furnishing must coincide with economy.

The word "parlor" comes from the French word meaning "to talk," this being the room set apart primarily for entertainment and the social life of the family. In formal houses the word is not used, the room used for this purpose being termed a drawing-room. In quiet, unpretentious houses, however, the parlor becomes one and the same with the sitting or living-room, a place where the family assemble for their social companionship, a room that has a dignity and, withal, a sense of comfort in its furnishings.

But there are parlors and parlors. Some rooms are like some people, born with such natural advantages that it would take a genius of bad taste to make them gloomy and forbidding. Other rooms, which are badly lighted and have a dreary aspect, must depend upon their furnishings for brightness. The choice of wall paper is too great a one to sum up in a few words, but extreme care must be made in choosing a paper that will appear to best advantage, and make the pictures serve their purpose of adornment upon the walls. Two tone papers in small figures are appropriate for parlors, as are the plain colors. Where pictures are many and attractive, nothing could be prettier than a cartridge paper, which will be in contrast and yet harmonize with the wall of the hall covering.

The parlor that Mistress Patience Pride shows us into is a large, square one, such as are to be found in most old-fashioned houses. Such rooms really require more care in furnishing than rooms with some jags or corners to break the monotony of the four walls; but Mistress Pride's "best room," as her country neighbors would have called it, did not lack individuality. As she had not many pictures, she had the room papered with two papers, the upper two-thirds being covered with cartridge paper of golden shade, the lower part of the wall being papered in an odd design of green leaves, with a suggestion of yellow flowers hidden beneath the leaves. A white shelf moulding separated the two papers, and the ceiling was papered in a soft cream color that harmonized perfectly with the other colors. Where ceilings are very high, a good idea is to have the ceiling paper come down over the sides of the wall for a short distance, forming a border, a moulding marking the place where it meets the side wall paper. This makes the effect of the ceiling considerably lower. A white picture moulding just at the junction of ceiling and wall is necessary to hang pictures. Mistress Patience Pride had a few lovely old family portraits on small canvases, and these were in gold frames, and stood out in beautiful relief from the golden cartridge paper. Most of the other pictures were framed in simple black frames; and, as many of them had bright spots of color, this gave no sombre appearance, as might be expected. In fact, as Mistress Pride

confided, they did look like ebony; but they were only plain pine, given two coats of black paint by her own hands,—a clever idea that is easily copied by other people who would save the contents of their pocket-books. Upon the shelf moulding a few jars of pottery made spots of pretty color, and some few prints, unframed, saved the monotony of the line. An old-fashioned fireplace broke one wall pleasingly. The fireplace itself was of white tiling, the wood-work being also painted white, while some little cupboards above had their doors removed, and odd curtains of green silk were only partly drawn together, showing that the little shelves within held some copper dishes and some blue-and-white china from "grandmother's days."

The window curtains were unusual,—soft, pretty cheese-cloth of cream tint, with broad bands of gilt ribbon, making a finish at the bottom of both side and valance curtains; for, as the windows were wide, the valance curtains were possible. The ever-present "lace curtains" of the old-time parlor are fortunately relegated to those people who do not care if the lace be of cobweb or coarse design as long as it bears the magic word "lace." Perhaps this is too sweeping a statement, for lovely lace curtains do exist, and are used by people of refinement, but, as they are very expensive, common sense has told people that pretty ruffled curtains of muslin, or those of pineapple silk or pongee,—if they can be afforded,—are infinitely preferable to lace curtains of uncertain quality. Even unbleached muslin, with effective designs embroidered to make a running border, will give results to the economical housewife that will delight her sense of the artistic, and at the same time save dollars.

The question of floor covering, like wall paper, is an important one. Carpets are regarded as unsatisfactory in these days of advancement, for they hold the dirt and germs, and wear in one place, while rugs can be changed and shifted. Hard-wood floors are always desirable; but stained or painted floors will serve well if covered with rugs. Mistress Patience Pride had found a square rug of ingrain carpet, with a wide border of soft gray-green, that harmonized delightfully with the walls. Old-fashioned furniture, combined with some of the heavy Mission furniture, gave chairs and tables to the room. A settle of Mission design stood in front of the fireplace. Window seats of black wood, studded with heavy brass nails, made most effective and comfortable seats; and these proved to be nothing but small heavy packing boxes which Mistress Pride had covered with cushioned seats, upholstered with Oriental striped material. She had marked a design on the front of the boxes, after giving them a coat of black paint; and great studding nails of brass brought the design into effective relief. A lamp of wrought iron marked the centre of the table, which held only a few books and one or two silver ornaments. The lamp shade was one of quaint beaded design, which Mistress Pride had made herself, copying a pattern of an expensive shade seen in one of the exclusive shops.

Many of the chairs had come to this parlor directly from an old-fashioned, second-hand shop, where they had been found bereft of paint, and altogether miserable. The economical housewife will never have learned the secret of successful furnishing until she knows the worth of a second-hand shop, and learns there to discriminate between "possibilities" and articles that have outlived their usefulness.

Mistress Pride also told me an upholstery secret. In many of the upholstery establishments one has only

to ask to see their "remnants," to be shown pieces of upholstering material that may be had for very little, which, if bought from the piece, would be quite beyond the means of a simple housewife. And these remnants will often cover a chair, make a sofa cushion, or cover a foot-stool, at the trifling cost of 25 cents.

Before I left this parlor, of which I am speaking, the afternoon sun was sifting pleasantly through the cheese-cloth curtains. The one maid of the house brought in a simple little white table with its tea service; and from quaint, old-fashioned teacups I enjoyed the cup that cheers. As I looked at the long white bookcase, filled with its load of books, at the piano across one corner of the room, which bore no burden upon its polished surface except two tall brass candlesticks, I felt regret in leaving a room that held so much prettiness and so many economic secrets; for I felt convinced that there were more untold, if I had but noticed them, or my clever hostess had thought to confide them to me.

As it was, I came away from the pretty living-room, having learned the lesson that, with a limited amount of means, clever ingenuity, and willing fingers, any housewife can make her home a place of beauty.

A Wild Dinner

By M. Isabelle Davies

THE house-party guests of two clever girls, whose family live a part of the year on a mountain ranch in southern California, were not for the first time surprised at "something new" when the unique menu I am going to tell about was served.

The girls announced a wild dinner.

It was a delightful spring day; and, to carry out the idea in mind, the dining table was spread under the great oaks in the grounds of the *casa rancho*.

A great, green, loosely woven tule basket, made by an Indian woman at the near-by *rancharia*, piled gracefully full of wild lilac, formed the centre-piece; and mountain fern, laid on the cloth so as to radiate from beneath the basket, completed the effect of wildness there. *Yerba Mansa* leaves, cool, broad, velvety, and fragrant, were used for place cards by tying to their stems with ribbon grass tiny cards bearing the names.

Unconventional etiquette in so free and informal an atmosphere made us eager to guess what the courses would be; and we all came about as near to it as one of the boys who suggested "jack-rabbit soup, jack-rabbit salad, jack-rabbit roast, and jack-rabbit pie."

All hail, then, to the first course, when it had duly arrived!

A delicious clam broth served with *tortillas* (crisp cakes without shortening or "rising," and baked on the top of the stove) made of white Indian meal.

Then baked mullet with water-cress. The clams had been dug and the mullet caught on an excursion to the coast, while the cress had been gathered from the creek in the orchard. And the creek, too, by the way, furnished wild sweet music for the repast, as the falls were quite near the oaks.

The riders of the party had but yesterday returned victorious from a hunt, so a savory haunch of venison was

served next. It was garnished with wild celery from the creek, and the accompanying vegetables were: mushrooms, gathered by two of the "early birds" that morning; wild mustard greens from the edge of the grain field; and wild tomatoes! (these latter had been canned the previous summer).

Then came *yerba bueno* (good herb) tea, sweetened with wild honey,—a veritable drink for the gods! This with acorn bread, made from acorn powder procured from the Indians, who prepare it so that the bitterness of the acorn is eliminated. It can be made either into bread and baked or into a thick mush and boiled.

The dessert consisted of manzanita-berry jelly of a rich, peculiar flavor and wine-colored. With this there were very small, crisp *tortillas* of wild oat flour, and for relishes were grass nuts,—little brown-skinned tubers, which we all love to dig out of the hillsides in early spring,—coyote stalk or mescal plant, young, tender, juicy pieces of this member of the yucca family. To the Mexican children these sweet stalks are what sugar-cane is to pickaninnies. There were also crystalized tunies (a rarity). Tunies are the cactus fruit or something like the eastern prickly pear, large, juicy, and fine-flavored.

Well, when it was over, you may know we marveled at the veritable feast that had been provided, as it were fresh from the hands of Mother Earth. No trusts nor combines had a "finger in that pie"; and some one called to mind the admonition of Henry Thoreau: "Go fish and hunt far and wide, day by day, and rest thee by many brooks and hearthsides without misgiving. Grow wild according to thy nature. Let not to get a living be thy trade, but thy sport."

A Calm Retreat

By Cora A. Matson Dolson

I know a narrow, wildwood way,
Where leafy-patterned shadows play
Through boughs that reach and interlace
Across the faintly outlined space.
Here grows the yellow jewel-weed,
With mottled blooms and snapping seed;
The maiden's-hair and crinkle-root
The right of way with me dispute,
And greedy fingers have not found
That ginseng berries here abound.

I like it best on August days,
When vines festoon its winding maze,
When broidered fern-fronds stand knee-deep,
While turfy odors through them steep;
When all the shy things of the wood
Rest quiet in its solitude,
And but a wandering honey-bee
Wings down this way, to talk with me.

Notes on Food and Diet in Cuba

By C. F. Langworthy, Ph.D.

(*Continued from June–July*)

THE oranges served in Havana were usually pared round and round, as we would pare an apple, and were eaten from a fork. The pineapples were pared and cut in sections, and were so tender that core and all could be eaten. A few strawberries were seen in market in March, but they are not considered a very common fruit at any time. Limes are apparently more used than lemons, and are very abundant; and grape-fruit is also grown. Many other fruits are, of course, eaten in season; and large numbers of olives are used, which undoubtedly come from Spain.

Extensive pineries and orange groves are being planted in Cuba, most of the old orange groves having been destroyed during the war. The oranges are very sweet, though they do not usually show as good color as the California and Florida varieties. It is not necessary to raise pineapples under shade, as is done in Florida, since the soil is so deep that it does not become overheated. A good part of the year mangoes are very abundant, and among the very popular fruits.

Preserved fruits are much liked by the Cubans. Many canned peaches are imported from Spain and from the United States. The Cubans make large quantities of guava jelly, paste, marmalades, and preserves. These products are fairly cheap and of most excellent quality. A thick jam-like material is made from cocoanut cooked in sugar, of which the Cubans are very fond.

Sugar is naturally an abundant product in Cuba. The unrefined article, which is yellowish-gray in color, and has the crystalline structure of granulated sugar, is very common, this being the form in which sugar is usually made. The raw product is sent to the United States for refining. A sugar factory in full operation is very interesting, and well worth a visit. The sugar in the modern factories is made by the best methods with great care. The fields of sugar-cane look very like fields of corn, and are a characteristic feature of the landscape in large sections of the island. The sugar-cane in season is eaten in very large quantities by every one in the country, and is commonly offered for sale in the towns.

Honey is produced in considerable quantities, largely for export. Cuban honey has long been famous, and the industry at present is said to be flourishing and very profitable.

Cocoanuts in all stages of ripeness are very popular, being eaten in many ways. The water or milk of the green cocoanut is a favorite beverage. A nut ordinarily contains nearly a pint of liquid, which tastes like water, with a very little sugar and salt added. The Cubans frequently eat with this a sort of confection made of egg-white and sugar. This is apparenty baked, and looks not unlike a slice of very white and very light cake.

Peanuts are eaten more or less. Those which were offered for sale were reddish in color, probably owing to the fact that they were grown in the red soil so abundant in Cuba, and sold without polishing. A small palm nut was also noticed on sale in the Havana market, but its specific name was not learned.

Coffee is the common beverage, though chocolate is also a favorite. Nothing was learned of the amount of tea used, but that obtained at the

hotel was of excellent quality. The favorite coffee comes from Porto Rico. It is roasted very brown; and a little molasses is added before roasting, which insures an abundance of caramel. At the hotel the coffee was made in the proportion of three pints of water to one pint of very fine ground coffee. The water was allowed to drip through the coffee three times, and it was kept just under the boiling-point. The clear coffee, very strong, was served from a porcelain pot, kept hot in a *bain-marie*, and was taken at breakfast with hot milk.

Charged mineral waters, principally those so well known in the United States, are very commonly sold in Cuba. There are breweries in Havana, and spirits and wines are, of course, on sale. Judging by appearances, the people are very temperate. Wines are used with meals; but men were more commonly seen in the cafés drinking coffee, cocoanut water, the juice of crushed pineapples, limeade, and similar beverages than wine or spirits.

As regards meals, it is the usual custom in Cuba to serve coffee and bread with, perhaps, fruit in the morning. Breakfast, which is a hearty meal, consisting of meats, omelets, and other hearty foods, is served at eleven or later, and dinner at night. At the breakfast hour, business is practically suspended, and the whole city sits down to its first hearty meal of the day. It is customary for the clerks in the wholesale and some of the retail stores to eat and sleep at the place of business. And it is a Spanish custom, often followed, to give a clerk a part interest at the end of five years. When passing through the streets late in the forenoon, a large business family may sometimes be seen at table through the wide-open door.

An opportunity was offered to inspect the kitchens of a large hotel in Havana, of a splendidly equipped private hospital in the neighborhood of Havana, and of a business house in the country at Guines, where food was prepared for a number of employees. It seems to be a general custom to cook over charcoal. A brick platform of convenient height is often used as a stove. It has places for a number of charcoal fires on its broad top, and seems to answer its purpose admirably.

The bread in Havana, and, so far as could be learned, throughout the island, is of excellent quality, and is almost always made in bakeries. At Guines the opportunity was offered of examining a bakery. The dough was mixed and allowed to rise in a large wooden trough, and was baked in an oven heated by building a brush-wood fire in it, and raking out the coals before the baking began. Long loaves of the sort commonly called French bread, and rolls similar in shape to the German breakfast roll, were the staple forms in which bread was baked. It seems to be a universal custom to place a narrow strip of banana leaf on the loaves and rolls before baking them. It is said that water is evaporated from the succulent leaves, and that this insures moisture in the air of the oven. The bread was of excellent flavor; and, though thoroughly baked, the crust was rather light in color.

The Cubans are fond of well-seasoned dishes and savory stews. Such dishes are very common, as are also omelets. It is noticeable that chili or red pepper is not as commonly used as in Mexico.

Soups, rice, stews made with the South American jerked beef, dried codfish, omelets, fried plantain, vegetables, and bread with coffee are among the staple foods eaten by the majority of the people in Havana. Contrary to the general opinion regarding diet in warm regions, the people are very fond of meat and fat, eating large quantities of both.

One of the American nurses connected with the Matanzas Hospital and Nurses' Training School said that the hospital patients did not care at all for food prepared in the American way, but liked their native dishes with large quantities of fat. For instance, she mentioned that a popular dish with the native population was boiled rice, with a generous quantity of melted lard poured over it. As another instance of their fondness for fat, she stated that a great treat for the Christmas dinner for the Cubans at the Nurses' Training School was a very fat young pig, roasted whole.

The Cubans are evidently fond of pastry, and the goods on sale in the pastry cook-shops in Havana were of very fine appearance. Custards, cakes, puddings, fancy desserts, etc., very similar to those made by French bakers, were commonly seen. Chocolate seemed to be popular; and it was noticeable that different sorts of cakes were very frequently covered with a yellow icing, which sometimes contained shredded cocoanut, colored yellow in some way. A delicious orange ice, frozen in the orange skin, and looking like a whole orange covered with frost, is deservedly popular.

American candy was found on sale in Havana, as well as some of Cuban manufacture, the latter being usually of the cheaper sorts, but the amount eaten is apparently not very large, the Spanish and Cuban idea of confectionery being the small cakes that are such a feature of all the bake-shops.

In general, the foods impressed our party as being very savory and well prepared; and Americans who have lived a long time in Cuba speak in high terms of many of the Cuban dishes. Like all Spanish races, the Cubans pay more attention to methods of cooking and seasoning than is commonly the case with Northern races. Perhaps owing to the fact that they cook over charcoal, stews, fried dishes, and similar foods were apparently more common than those that are roasted or baked.

So far as can be learned, no dietary studies have been carried on in Cuba, although attention has been paid to securing a rational diet at the Mazorra Hospital for the Insane and at other public institutions. Systematic food investigations should be undertaken, and would surely prove of great value, as reliable data regarding tropical dietetics are very limited.

Our Lives are Songs

Our lives are songs;
God writes the words,
And we set them to music at leisure;
  And the song is sad or the song is glad,
As we choose to fashion the measure.

We must write the song,
Whatever the words,
Whatever its rhyme or metre;
  And, if it is sad, we must make it glad;
And, if sweet, we must make it sweeter.

Lessons in Cookery and Food Economy for High School and College Classes

By Mary D. Chambers

Lesson IX. (Last on Animal Foods). Milk

Study of Physical Properties of Milk

1. Milk examined under microscope (625 diameters).

2. Weight of one cup of milk compared with weight of one cup of water.

3. Milk tested with litmus. (If possible, it is well to have two samples of milk for this test, one freshly drawn, one six hours old.)

4. Boiling-point of milk ascertained.

5. Milk tested with lactometer, six samples,—whole milk, whole milk with cream added, skimmed milk, skimmed milk with water added, whole milk with water added, whole milk heated to 90° F.

Study of Composition of Milk

Making of Butter.—Beat two tablespoonfuls of thick cream with Dover beater until butter comes.

Wash butter in several waters until the last remains clear.

Form into balls, and serve on crackers.

Discuss: (1) Salted butter (compare with corned beef). (2) Addition of coloring matter to butter. (3) Result of imperfect washing of butter. (4) Comparative volume of cream with volume of resultant butter.

Making of Cottage Cheese.—A half-cupful of freshly clabbered milk poured into a thin muslin bag (a small salt-bag does very well), and allowed to hang in a warm place until liquid has drained off. Curd then "worked" in bowl with wooden spoon until fine-grained. Salt added to taste, and a little cream, if desired.

Cottage cheese should also be made by boiling the clabbered milk, and the difference in texture of curd noted.

If possible, some excessively sour milk should be treated according to foregoing directions, and the difference in result accounted for. Also use a mixture of excessively sour and sweet.

Whey from cheese divided into three parts. Add to first $K_2Fe(CN)_6$. White ppt. of lact-albumen. (Or whole milk can be heated and scum observed.) To second part add $(NH_4)2C_2O_4$ to test for the presence of calcium. To third part add $PtCl_4$ to test for potassium.

Study of the Action of Rennet on Milk

Commercial rennet, two kinds. Liquid, use one tablespoonful to one quart of milk. Tablets, use one tablet, dissolved in water, to one quart of milk.

Rennet Custard, or Junket.—Heat one-half cup milk to blood heat. Add sugar, one tablespoonful to one cup, or to taste. Add flavoring. Add rennet. Mix very well, and pour into glass. Stand in warm place until set, then place on ice.

Rennet Custard with Boiled Milk.—Make one-half cup cocoa. Cool to 98° F. Add rennet, and keep in warm place until set. (Which custard solidifies the first? Which is the firmer?)

Corroborative Experiment.—Divide one teaspoonful of curd of milk, precipitated by acetic acid into two parts, A and B. Treat part A with two teaspoonfuls NaOH.; treat part B with two teaspoonfuls lime water. When curd has

been dissolved, or nearly so, strain, and add to each a few drops of rennet extract. Let stand five to ten minutes, and compare. Does this throw any light on the behavior of the custard made with boiled milk?

Questions

Milk drawn from cow registered 1014 on lactometer. Correct this reading.

Of what value is the lactometer as a test for the purity of milk?

How many quarts of milk may be expected to yield cream enough to make one pound of butter?

What is the nutritive value of whey?

Compare the nutritive value of a pound of milk and a pound of oysters.

Discuss milk as a beverage. As a complete food: (1) for the child; (2) for the adult.

What are the advantages of a milk diet? The disadvantages?

Compare the cost of skimmed milk, whole milk, cream, and butter.

What conditions may prevent the formation of a curd, in making cottage cheese? When is it necessary to heat the milk in making cottage cheese?

What conditions are necessary for the action of rennin?

Discuss the sterilization and pasteurization of milk.

References on Milk

Foods and Feeding. Sir Henry Thompson. pp. 52–58.

Foods. Church. pp. 145–148. Also p. 152.

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Practical Dietetics. Gilman Thompson. pp. 73–77.

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The Vegetable Sphinx

A CORRESPONDENT of the London *Globe* says that the onion is the sphinx of the vegetable world. It is capable of infinite possibilities. It may inspire aversions or exercise an irresistible fascination. Philosophers have studied it, and poets have sung its praise. It is the poor man's friend and the rich man's flatterer. The onion is inscrutable, and even the cooks do not know what to make of it. Ude, a Frenchman, declared broth to be the foundation of cookery. An Englishman claims that without bacon there could be no cookery; but both the French and English cooks agree that half their labors would be in vain but for the onion. Rossini stated that the man who did not like onion soup with grated Parmesan cheese was a phenomenon in nature hitherto undiscovered. The Regent, Philip of Orleans, was one of its devoted admirers, and we are told that Cardinal Alberoni used to pare the onion with his own hands for the King of Spain.

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A NEW SOCIAL ORDER

WE hear much about a new social order, and we are glad to note that men and women everywhere are coming to realize that progress is less a matter of revolution than it is of reform and growth. The existing order of things is the result of "the immeasurable pains and the infinite efforts" of all past generations. The experience of the past is the one sure guide to the future. In the broadest sense, that any real gain to civilization has ever been lost is doubtful. The individual mind that has once grasped truth does not readily yield the same. It becomes an integral part of the recipient, and is made vantage ground for further outreach. Old modes of thought and expression serve their purpose, and pass away. We are constantly thinking in new and later terms. The old order is ever changing, giving place to new, and the main resource in all efforts for advancement to higher standards of conduct and living is education.

On this subject, at a recent conference of ministers at Cleveland, Ohio, in a very comprehensive and thoughtful paper, the Rev. N. F. Gilman said:—

"What need is there of a profoundly new social order in the sphere where the main opportunity of life is kept open to all to-day? Education is the open door through which men pass into every field of achievement. What new society could be expected to surpass the fraternalism of our American public-school system? No one can suppose that the system is yet perfect; but its practice largely corresponds to the ideal of brotherhood, if brotherhood means setting a man on his feet, teaching him how to walk, and then bidding him walk. 'Make a man a man, then let him be.'

"The free-school system of our country is the result of a hundred years of experience, and no scheme of socialism could extemporize another method likely to succeed that does not follow its main lines. Make it then more thorough and more consistent. Begin at the beginning, and let the kindergarten idea become everywhere an integral part of it; introduce features of manual training into all grades; make the State university as free as the primary school; provide industrial education proper for those who can only thus acquire a trade. These are but natural extensions of a free system of public education. They harmonize with the ground plan of the system. They would unite with the existing features to give the surest pledge of human helpfulness that you can give to

any human being, helping him to himself, helping him to the largest opportunity of life possible for him. A social order, on the other hand, which should provide in the public schools free breakfasts, free luncheons, free dinners even, might superficially be more Christian, but it would enfeeble the character and destroy force of will. Or one might imagine the 'coddling methods,' as they have been recently called, of the theological seminary applied over a wide range of professional and collegiate education, but with what probably disastrous result observers of the ministry to-day may easily imagine. It is a poor kind of fraternity that kindly helps to unmake a man."

IDEALISM

THE saying is trite that women especially are apt to get what they want. At any rate, want is the first step to attainment. The gratification of desire is in keeping with the economy of nature. Earth's natural resources, and the arts of modern civilization, are well-nigh inexhaustible. Hence it follows the woman who is really desirous of conducting her household after the best-approved methods will find the means near at hand. To achieve her end, she has but to reach forth her hand and take what belongs to her. For are not these words true? The wish is father to the thought. At some time we are masters of our fates.

"The fault, dear Brutus, is not in our stars,
But in ourselves, that we are underlings."

But woman's interests should not be confined exclusively to the affairs of her own household. The events of the day, whatever of note is said or done in the world, are of concern to us all. These things should receive daily no inconsiderable share of our attention, else life will grow dull, monotonous, and unprogressive. Anyhow, without wide and varied interests, life is narrow and joyless. Is there good and sufficient reason why the home-maker should not have wants outside her own dwelling and its immediate environment, including a desire for vacations, summer outings, and time to read the best books and periodicals?

To-day the educational experts say, "No child can be well who is unhappy, and that the mother, too, must be happy and have her strength and health conserved, or bad effect is produced." There may be nothing new in this, but it does mean a good deal,—is a long step in advance, that this psychological truth has come, at last, to be recognized. It means, eventually, better schools, improved homes, and an increment of gain to health and happiness that cannot be measured. Contentment in life is a condition greatly to be desired. Still, there is need of enough of dissatisfaction with one's lot to inspire to greater and renewed efforts.

The life of the home-maker must be, at one and the same time, both practical and ideal; for "is it not true that only those who are possessed by ideals, and are striving for their realization, may be said to live or to have life? Others simply exist, vegetate. Without its idealists the world would long ago have stagnated. 'Where there is no vision, the people perish.' Ideals are the vivifying influences, the breath of life, for men and women and for nations."

ABOUT ADVERTISING

THE most widely circulated and flourishing publications of the day are devoted almost exclusively to the interests of home life. The names of these periodicals need not be mentioned here. These journals are conspicuous in many respects, but in no wise is the quality of their excellence more marked than

in that of their advertising departments. They carry only advertisements of the cleanest and highest class. In contrast with many another publication that might be named, this feature of their *ensemble* is highly significant.

Strictly as a household publication, the *Cooking-School Magazine* claims to carry advertisements of the very first order. The articles represented on its advertising pages are of superior excellence,—the best in the market; and, consequently, they are worthy the entire confidence of our readers. In fact, advertisers of no other class of goods could afford to make use of our pages. We aim to secure advertisements that are appropriate to the character of the journal and such as are regarded most essential to housekeepers. It is said that food products and household appliances are not nearly so extensively advertised as are many another article far less essential to human well-being, and even of doubtful utility. Scarcely a week passes that we are not asked where this food product or that kitchen utensil can be obtained. "We cannot find them in our market," is the common remark. Advertising as a means to commercial activity has grown to wonderful proportions, so much so that, in the midst of the countless articles manufactured and cast upon the market, it is difficult to make the merits of the really good things known. Certainly, acquaintance with household products and appliances, such as are of undoubled quality and usefulness, cannot be too wide-spread.

I trust that in the steady character of my fellow-citizens unshaken by difficulties, in their love of liberty, obedience to law, and support of the public authorities, I see a sure guarantee of the permanence of our Republic.—*Jefferson.*

For nothing else do I go about to do than to persuade your young men and your old men not to attend to their bodies and possessions first, nor so earnestly as to the soul, how it may be best, saying that not from wealth does goodness come, but from goodness wealth and all the other things good for man individually and socially.—*Socrates.*

The best things are nearest,—breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of God just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life.—*Selected.*

It is the act of an ill-instructed man to blame others for his own bad condition: it is the act of one who has begun to be instructed to lay the blame on himself; and of one whose instruction is completed neither to blame another nor himself.—*Epictetus.*

There is almost no space of time between the longing for city life that affects the youth in the country and the desire for a country home that afflicts the man in town.

Next year Lasell Seminary will make domestic science one of the electives of its Junior and Senior years.

No high degree of morals can be established or maintained without manual labor.—*Froebel.*

People don't grow famous in a hurry, and it takes a deal of hard work even to earn your bread and butter.—*Miss Alcott.*

Blessed is the man who has the gift of making friends, for it is one of God's best gifts.—*Thomas Hughes.*



Bread for breakfast, luncheon and supper is cut in thin uniform slices, three-eighths of an inch thick. Bread for dinner is cut in thick slices; if the loaf be square, the slices are divided into two or four pieces. Slices cut from a French loaf are not divided

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Cream of Squash Soup (Bertha Ely)

Put one quart of milk with two sticks of celery and a small onion in a double boiler. Allow it to cook for one hour. Mix one tablespoonful of flour with half a cup of sifted, cooked squash, and stir into the hot milk. Let cook about fifteen minutes. Have half a cup of whipped cream or a well-beaten egg, and strain the mixture on to it.

Egyptian Lentil Soup

Wash half a cup of lentils, and soak them all night in cold water. In the morning set them to cook in enough water to cover. Let them cook until they are soft, and the water nearly boiled away.

Cut one small onion into small pieces, and let it simmer in butter, but not brown. Then add two tablespoonfuls of flour, one cup of tomato purée, salt, pepper, summer savory, and the lentils that have been washed and put through a sieve. When all has boiled a few minutes, add a quart of hot milk. Then pour all on the yolks of two eggs that have been beaten light. Just before serving, stir in a cup of whipped cream.

Broiled Guinea Chicken with Wild Rice

Cut the picked-and-singed chicken down through the backbone. Remove the unedible portions, and, cutting the chicken at the joints, spread it out flat. Wipe the fowl neatly, both inside and out. Cook in a well-oiled broiler, cooking longer upon the flesh than upon the skin side. After a few minutes' cooking, to sear over the outside, the cooking may be completed in the oven. About thirty minutes will be required in cooking. Baste often with melted butter. Serve on a hot plat-

ter. Spread upon the chicken maître d' hôtel butter. Serve at the same time boiled rice. Wild rice is particularly good with this dish.



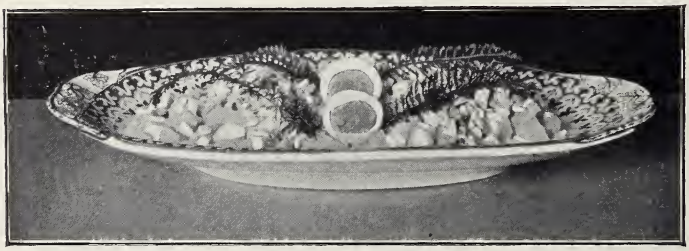
Broiled Guinea Chicken with Wild Rice

Wild Rice, Boiled

Put the rice over the fire to cook, in several times its volume of cold water, and stir occasionally until the boiling-point is reached. Let boil three minutes. Then drain, and rinse in cold water. Then set to cook in boiling water to which a little salt has been added.

Salt Codfish, Shaker Style (Bertha Ely)

Pick salt codfish into tiny bits. Cover with cold water, and let stand some hours or over night. Then drain and press out all of the water. To one part of fish allow three parts of potatoes, pared and cut in cubes or slices. Cook the potatoes tender in boiling salted water. Drain and add to them the fish, and two tablespoonfuls of butter and a cup of cream, for every three potatoes. Then make the whole very hot. Turn the mixture onto a serving-dish, and sprinkle the top with two hard-cooked eggs chopped or cut in slices.



Salt Codfish, Shaker Style. Garnish: Carrot leaves and Egg Slices

Hot Bread and Cheese Sandwiches

Spread thin slices of bread with butter. Upon half of the buttered slices spread cheese, cut very thin or grated. Finish with the other slices of buttered bread. Beat an egg for each three or four sandwiches. Add half a cup of milk, and in this turn the sandwiches until they are saturated with the egg and milk. Then cook in hot butter until browned, first on one side and then on the other. Condensed milk, diluted with water, can be used for camp cookery. Deviled ham sandwiches are particularly good made after the same fashion.

Broiled Tomatoes and Green Peppers (Eleanor S. McKenzie)

Cut fresh tomatoes in slices an inch thick. Sprinkle over them green peppers, cut in thin strips. Put bits of butter on them here and there, and sprinkle lightly with salt. Cook on a buttered agate pan in the oven. They

may be cooked either above or below a gas flame.

Lima Beans Baked with Salt Pork

Parboil one quart of lima beans with half a pound of salt pork. Take out the pork, and score it in slices for serving. Then turn the beans into a baking-dish. Set the pork in the centre, and bake until the beans are tender. Do not have the beans too moist when ready for the oven. Cover the dish for a time with an agate plate, then remove the plate to crisp the beans and pork. Use with the pork beans that are rather old and require at least two hours' cooking. Dried beans soaked over night in cold water may be used after an hour of parboiling. Parboil young, tender beans about twenty minutes. Add butter, pepper, and salt, and bake nearly an hour. Do not use pork with young beans, unless it be first cooked by itself two or more hours.



Lima Beans Baked with Salt Pork

Chicken Croquettes with Broiled Tomatoes

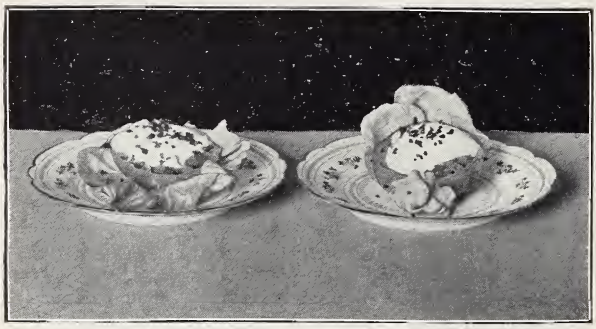
(Entrée for Luncheon or Dinner)

Cut cold, boiled or roasted chicken into tiny bits to make a cup and a half. Melt one-third a cup of butter. In it cook a slice, each, of carrot and onion until all are yellowed (not browned). Remove the vegetables. Add half a cup of flour with a dash of paprika and a scant half a teaspoonful of salt. Cook and stir until the mixture is frothy. Then add one cup of chicken stock, seasoned with vegetables and sweet herbs, and half a cup of cream. Stir and cook until the sauce boils. Then remove to a cooler place, and stir in one egg, beaten without separating the white and yolk. When the egg is set (do not allow the sauce to boil, or it will curdle), stir in the bits of chicken and more seasoning, if needed. Turn into a buttered dish to cool. When cold, shape in balls. Roll these in sifted bread crumbs. Then dip over them an egg beaten with a tablespoonful of cold water to cover every part, and roll a second time in crumbs. Fry in deep fat. Have ready half a tomato or a slice from a large tomato, brushed over with butter and broiled over the coals, for each croquette.



Chicken Croquettes with Broiled Tomatoes

Set the croquettes upon the tomatoes, pour a white or cream sauce around them, and serve at once. The recipe makes six or eight croquettes.



Mayonnaise of Tomato with chopped Truffles

Russian Salad

Have ready, cooked peas, string beans, cut in pieces, beets, cut in slices, and potato balls. Also hard-cooked eggs, cut in slices, tomatoes, peeled and cut in slices, and radishes, cut in slices, and shaped to resemble a flower. Let all these vegetables become chilled by standing on ice for some time. Dispose crisp, well-cleaned lettuce leaves in nests on a large dish. In the central nest place the slices of egg, with the other vegetables in nests around them, and a radish flower here and there between the nests. Serve either French or mayonnaise dressing in a bowl apart. Offer a choice of vegetables to each one served.

Spanish Rice (Eleanor S. McKenzie)

Cover half a cup of rice with a quart of cold water, and stir until the water boils. After five minutes drain and rinse with cold water, put in a double boiler with two large or three small tomatoes and one large or two small green peppers cut in pieces, one teaspoonful of salt, and about a pint of boiling water. Cover, and let cook until the rice is tender and the liquid absorbed. Before serving, carefully mix two tablespoonfuls of butter through the rice.

Cheese Ramekins

(*To serve ten*)

(Luncheon or Supper)

Mix three tablespoonfuls of melted butter, half a teaspoonful, each, of salt and paprika, one cup of fine bread crumbs, and one-fourth a pound of grated cheese (the dry shell of an Edam cheese is particularly good for this purpose). Beat two eggs, add a pint of milk, and stir into the dry ingredients. Turn into buttered ramekin dishes. Bake set on several folds of paper and surrounded with hot water. Serve very hot. This mixture may also be baked in timbale moulds.



Russian Salad

Hasty Cake (Bertha C. Ely)

Press through a sieve together one cup and a half of flour, one cup of sugar, one-fourth a teaspoonful of salt, and four level teaspoonfuls of baking-powder. Melt one-fourth a cup of butter. Into it break two eggs. Beat until whites and yolks are well mixed. Then fill up the cup with cold water. Turn this liquid into the dry mixture, beat thoroughly, and bake. This, though not very fine-grained, is a very satisfactory cake to serve with ice-cream in an emergency.



Cheese Ramekins

Hot Apple Triangles

Press through a sieve together half a pound (two cups) of flour, one-fourth a cup of sugar, two and one-half level teaspoonfuls of baking-powder, and one-fourth a teaspoonful of salt. Into this mixture, with the tips of the fingers, work one-fourth a cup or two ounces of shortening, and add two tart apples, pared, cored, and cut in small pieces. Beat an egg, add about one-third a cup of milk, and stir into the dry ingredients, to make a soft dough. Add more milk, if needed. The dough needs be soft enough to be spread with a spoon in the pan. Pare and core another apple, cut it into eighths, lengthwise of the apple, and press these into the dough equal distances apart. Sprinkle the top with granulated sugar. Bake in a hot oven. Serve cut in triangles and with powdered sugar.



Hot Apple Triangles

Very Nice Blueberry Cake (Bertha C. Ely)

Press through a sieve together two cups of lightly sifted flour, five level teaspoonfuls of baking-powder, one cup of sugar, and half a teaspoonful of salt. Beat one egg, add half a cup of milk, and stir into the dry ingredi-

ents with two level tablespoonfuls of melted butter and one teaspoonful of vanilla extract. At the last stir in with one scant teaspoonful of soda and half a teaspoonful, each, of cinnamon and clove.



Very Nice Blueberry Cake

one cup of blueberries mixed with a little flour. Bake in a sheet or in a muffin-pan.

A Cake without an Egg (Bertha Ely)

Beat half a cup of butter to a cream. Add gradually one cup of sugar, then



Cake Decorated with Candied Pansies and Mint Leaves by Mrs. Mitchell

half a pound of seeded dates, chopped fine, and, alternately, one cup of thick, sour milk and two cups of flour, sifted

Turon Cuchara (Mrs. Fox, Santiago de Cuba)

Boil one pound and a half of sugar and three cups of water to a thick syrup. Then add one cup of honey, and boil until the syrup will snap when tried in water. Beat the whites of six eggs until stiff. Blanch one pound of almonds. Cut them in fine strips, and brown them a little in the oven. When the syrup is at the right point, add it, a little at a time, to the egg whites, beating meanwhile. Continue beating until the mixture is thick and almost cold. Then beat in the almonds. Serve in small saucers. Turon is eaten with a spoon.

Peach Parfait

Reserve one-fourth a cup of double cream to decorate the completed dish. To the rest of the cup of double cream add three-fourths a cup of single cream (that taken from the top of a can of milk), and beat the whole until firm enough to hold its shape. Press enough pared peaches through a sieve to fill one cup and a quarter. Stir into this a level teaspoonful of gelatine, softened in cold water to cover and melted by standing over the tea kettle. Add the

juice of a small lemon, and stir into the peach pulp with two-thirds a cup of sugar. Stir over ice water until the mixture thickens a little. Then, little by little, cut and fold the cream into it. Turn the mixture into a quart mould lined with paper, filling the mould to overflow. Spread a paper over the top, press down the cover, and let stand, buried in equal measures of ice and salt, between two and three hours. Garnish the parfait turned from the mould with the two halves of a peach, the rest of the cream, sweetened and beaten stiff, and two or three pistachio nuts, blanched and chopped fine.



Peach Parfait

Afternoon Tea for a Summer's Day (Bertha Ely)

Chill a pitcher of freshly made tea of the desired strength. Sweeten with squeeze in enough lemon juice to give it a little tang, and set on ice again to get thoroughly chilled.

Have ready a bowl of chipped ice, a bowl of vanilla ice-cream, and the pitcher of cold tea. Fill a dainty glass a third full of ice, pour on tea until it is two-thirds full, and then drop a spoonful of ice-cream on top and pass at once on a dainty plate, with a spoon and a nut wafer or delicate cake.

Orange Marmalade Ice (Bertha Ely)

Make a "boiled custard" with one



Afternoon Tea for a Summer's Day

orange syrup instead of sugar, being careful not to get it too sweet. Then quart of milk and the yolks of four eggs. When cold, begin to freeze. Then add

a cup of orange marmalade, the juice of a lemon, and a tablespoonful of sherry wine, and turn the crank until the mixture is pretty well frozen. Then remove the dasher, repack, and set the freezer aside for the ice to ripen.



New Designs in Crepe Paper Napkins, Golden Rod, Poinsetta and Fir Balsam

Sweet Pickled Musk-melon

Cut the melons in sections. Remove the seeds and rind, and cut in pieces for serving. Weigh the melon, and for each seven pounds take three pounds and a half of sugar, a pint of vinegar, about an ounce of cloves, and two ounces of cinnamon bark. Make a syrup of the sugar and vinegar, with the spices added. Put in the melon, and let cook until tender. Then skim out of the syrup, drain, and put into fruit jars. Reduce all the syrup to a good consistency, and pour over the melon in the jars. There should be syrup to cover the melon.



Preparing Sweet Pickled Musk-melon

Old-time Tomato Catsup

Slice a peck of ripe tomatoes and two dozen onions. Let them boil one hour. Then press through a sieve. Add one quart of vinegar, one pint of port wine, one tablespoonful of ground cloves,

one tablespoonful of allspice, half an ounce of mace, four nutmegs, grated, one tablespoonful and a half of pepper, one scant teaspoonful of cayenne, and half a cup of salt. Scald over the fire, and store in fruit jars or in bottles, covering the corks with sealing wax.

Tomato Marmalade

Pare four quarts of ripe tomatoes. Cut six lemons in halves, lengthwise, and then slice them very thin. Seed one cup of raisins. Weigh out four pounds (eight cups) of granulated sugar. Put all the ingredients into a preserving kettle in layers. Heat slowly to the boiling-point. Then simmer until the mixture is of the consistency of marmalade. No one flavor should be recognizable. Seal while hot. The recipe makes about two and one-half quarts.

Piccalilli

Slice one peck of green tomatoes and six medium-sized onions. Sprinkle them with a cup and a half of salt, and let stand over night. Drain in a bag. Then turn the chopped mixture into a preserving kettle, cover with vinegar, and set over the fire. Add a scant teaspoonful of tumeric powder mixed with vinegar, one teaspoonful of cloves, two teaspoonfuls of cinnamon, two cups of sugar, and a red pepper chopped rather coarse. Mix thoroughly, and cook until tender, stirring occasionally. Store in fruit jars as canned fruit.

Cucumber Chow-chow

Chop fine six onions, six cucumbers, one head of cauliflower, half a small head of cabbage, half a peck of green tomatoes, and one red pepper, from which the seeds have been taken. Sprinkle lightly with salt, and let stand over night. Then drain, and add one teaspoonful of ground cinnamon, one teaspoonful of mustard seed, two teaspoonfuls of celery seed, two cups of white sugar, a teaspoonful of white pepper, and vinegar enough to cover the whole. Let boil about half an hour, then store in an earthen jar or in fruit jars as canned fruit.

Oriental Preserve (Bertha Ely)

Put into a kettle two pounds of sugar and one quart of water. When the sugar is dissolved, add ten pounds of green tomatoes, cut in slices, one dozen lemons, sliced very thin, and a large jar of preserved ginger, cut into pieces about half an inch square. Add also the syrup in the jar. Let this boil until the tomatoes are shriveled and crackled, and the odor is overpoweringly sickish. Then seal in glass jars, allowing a good quantity of syrup to every jar. It will look rather discouraging when taken from the fire, but after about three weeks one will feel repaid. It is easier to make half this quantity at a time.

Sweet Potato Pie (Old Virginia Recipe)

Put through a vegetable press boiled or baked sweet potatoes to make a pint of pureé. Add three-fourths a cup of sweet milk. Beat separately the whites and the yolks of four eggs. Cream three-fourths a cup of butter. Add gradually three-fourths a cup of sugar, then beat in the yolks, the potato and milk, half a small nutmeg grated, a wine glass of brandy or whiskey (the same quantity of fruit juice may be substituted), and, last of all, fold in the frothed whites of the eggs. Bake in deep pie plates without upper crust. When ready to serve, sift powdered sugar over the top. Serve cold.

Economical Menus for a Week in August

Economy is too late at the bottom of the purse.—*Seneca.*

Much broth is sometimes made of little meat.—*Danish Proverb.*

SUNDAY

Breakfast

Berries, Vitos, Cream.
Salt Codfish, Shaker Style.
Graham Muffins.
Coffee.

Dinner

Hot Clam Broth.
Cold Tongue, Sliced Thin.
Potatoes Cooked in Milk.
Lettuce-and-Tomato Salad.
Blackberry Ice-cream.
Hasty Cake. Tea.

Supper

Creamed Clams (Chafing-dish).
Sliced Peaches. Cake. Tea.

WEDNESDAY

Breakfast

Shredded Wheat and Tomato Sandwich.
Hunter's Corn-cake.
Coffee.

Luncheon

Cabbage Scalloped with Cheese.
Bread and Butter.
Blueberry Pie.

Dinner

Baked Liver and Bacon.
Mashed Potatoes. Corn on the Cob.
Tomato Salad.
Baked Apples, Cream.
Hasty Cake. Coffee.

MONDAY

Breakfast

Egg-O-See, Milk.
Tongue, Potato-and-Green-Pepper Hash.
Nun's Toast. Strawberry Jam.
Coffee.

Luncheon

Corn Chowder. New Pickles.
Crackers.
Baked Apples with Meringue.
Cake. Tea.

Dinner

Rolled Steak (Round), Casserole Fashion.
Potatoes. Beets, Buttered.
Hot Apple Triangles, Powdered Sugar.
Tea.

THURSDAY

Breakfast

Grape-nuts, Berries, Milk.
Corn Oysters.
Rye-meal Muffins.
Coffee.

Luncheon

Bread, Blueberries, and Milk.
Baked Cup Custards.
Wafers. Tea.

Dinner

Round Steak Hashed with Onions.
Baked Potatoes. Wax Beans.
Hot Apple Croutons.
Coffee.

TUESDAY

Breakfast

Melons.
Boiled Rice, Milk.
Salt Codfish, Shaker Style.
Bran Muffins. Cereal Coffee.

Luncheon

Cheese Ramekins.
Sliced Peaches.
Bread and Butter.
Cold Tea.

Dinner

Brown Fricassee of Kidneys.
Summer Squash.
New Cabbage Salad.
English Apple Pie. Black Coffee.

FRIDAY

Breakfast

Melons.
Barley Crystals, Milk.
Omelet with Tomato Sauce.
German Coffee Cake. Cereal Coffee.

Luncheon

Cheese Timbales. Stewed Tomatoes.
Bread and Butter. Blackberries.
Cold Tea.

Dinner

Boiled Haddock or Salted Salmon,
Egg Sauce.
Boiled Onions, Buttered.
Cucumber Salad.
Lemon Sherbet.

SATURDAY

Breakfast

Old Grist-mill Toasted Wheat.
Baked Apples, Cream.
Broiled Bacon.
White Hashed Potatoes.
Blueberry Muffins.
Coffee.

Luncheon

Succotash (Lima beans and corn).
New Rye Bread and Butter.
Squash Pie.
Tea.

Dinner

Fish Croquettes. Late Peas.
Mayonnaise of Tomatoes.
Toasted Crackers.
Rice Pudding with Raisins.
Coffee.

Menus for Camp (Farm Supplies Weekly)

"But on and up, where Nature's heart
Beats strong amid the hills."

Breakfast
Grape-nuts. Stewed Prunes.
Sliced Boiled Ham (Canned). Baked Potatoes.
Baking-powder Biscuit.
Coffee.

Luncheon
Hot Bread-and-Cheese Sandwiches.
Stewed Lima Beans (Dried).
Hunter's Corn-cake (with Bacon).
Coffee.

Dinner
Broiled Fish. Baked Potatoes.
Late Peas with Pork.
Gingerbread.
Coffee.

Breakfast
Corn-meal Mush, Butter.
Bacon. Boiled Eggs. Fried Potatoes.
Griddle-cakes. Coffee.

Luncheon
Cheese Pudding.
Corn on the Cob.
Apple Sauce (Dried Apples).
Coffee.

Dinner
Baked Kidney Beans, Boston Style.
Boston Brown Bread.
Cold Boiled Ham (Canned).
Fried Mush, Molasses.
Coffee.

Breakfast
Cereal, Butter. Blackberries.
Fried Brook Trout. Stewed Potatoes.
Boston Brown Bread, Toasted.
Coffee.

Luncheon
Lentil Soup, Oriental Style.
Individual Blackberry Shortcakes.
Tea.

Dinner
Wild Ducks, Roasted.
Fried Hominy.
Coffee.

Breakfast
Boiled Hominy, Molasses.
Squizzled Salt Pork. Fried Potatoes.
Baking-powder Biscuit.
Coffee.

Luncheon
Cheese Ramekins in Baking-dish.
Hot Corn-cake.
Doughnuts.
Coffee.

Dinner
Salmon Trout or Black Bass.
Mashed Potatoes.
New Cucumber Pickles.
Lemonade.

Breakfast
Fish Cakes Fried in Salt Pork Fat.
Bread Crumb Griddle-cakes.
Coffee.

Luncheon
Mushroom Stew.
Hot Bacon Sandwiches.
Gingerbread.
Tea.

Dinner
Squirrel Fricassee.
Baked Potatoes.
New York Baked Beans.
Muffins. Coffee.

Breakfast
Fresh Fish, Fried.
Hashed Potatoes.
Corn-cake.
Coffee.

Luncheon
Welsh Rabbit. Bacon.
Blueberry Pudding.
Coffee.

Dinner
Squirrel Pie.
Cheese.
Apple Sauce (Fresh or Dried).
Tea.

Menus for a Week in September

A poor woman who has an elementary but sound knowledge of the food properties of different foods, and knows how best to prepare them, is less likely to have anæmic children than her more prosperous neighbors, if they have not this knowledge.—*The Epicure.*

SUNDAY

Breakfast

Sliced Peaches. Shredded Wheat Biscuit, Cream.
Eggs Poached in Bacon Fat.
Broiled Bacon. Baked Potatoes.
Dry Toast. Corn-cake. Coffee.

Dinner

Tomato Soup with Vermicelli.
Roast Loin of Lamb (Yearling).
Currant Jelly Sauce with Orange.
Escaloped Potatoes. Mashed Turnips.
Lettuce Salad.
Blackberry Shortcake. Black Coffee.

Supper

Baked Lima Beans. Bread and Butter.
Sliced Apples Baked in Casserole.
Tea.

WEDNESDAY

Breakfast

Baked Apples, Cream.
Salt Codfish Balls. Dressed Cucumbers.
Bacon Rolls. Fried Rice. Coffee.

Luncheon

Minced Chicken on Toast. Celery.
Apples Baked with Almonds, Cream.
Tea.

Dinner

Sword Fish, Sautéd. Mashed Potatoes.
Fried Egg Plant.
Tomatoes, French Dressing.
Sliced Peaches. Wafers.
Coffee.

MONDAY

Breakfast

Apples Stuffed with Dates, Baked, Cream.
Smoked Halibut, Creamed.
Baked Potatoes. Cucumbers.
Coffee Cakes (Brioche).
Coffee.

Luncheon

Lamb Soufflé, Tomato Sauce.
New Rye Bread. Cream Cheese.
Currant Preserves. Tea.

Dinner

Broiled Sirloin Steak, Bernaise Sauce.
Broiled Tomatoes and Green Peppers.
Baked Sweet Potatoes.
Deep Peach Pie with Cream.
Coffee (small cups).

THURSDAY

Breakfast

Grapes.
Broiled Lamb Chops. Baked Potatoes.
Pickled Beets.
Corn-meal Muffins. Dry Toast.
Cereal Coffee.

Luncheon

Cheese Timbales, Tomato Sauce.
New Rye Bread.
Blackberry Sponge. Cream.
Coffee.

Dinner

Veal Cutlets.
Mashed Potatoes. Stewed Celery.
Lettuce Salad.
Peach Ice-cream. Coffee.

TUESDAY

Breakfast

Vitos, Berries, Cream.
Broiled Honeycomb Tripe.
Sliced Tomatoes. Hashed Potatoes.
Baking-powder Biscuit.
Coffee.

Luncheon

Baked Lima Beans.
Beets Stuffed with Chopped Cucumbers, French Dressing.
Steamed Blackberry Pudding, Hard Sauce.
Tea.

Dinner

Young Chickens, Roasted. Fruit Jelly.
Candied Sweet Potatoes. Cauliflower.
Peach Sherbet. Coffee.

FRIDAY

Breakfast

Melons.
Eggs Poached in Broth. Toast.
French Fried Potatoes.
Spider Corn-cake. Cereal Coffee.

Luncheon

Hot Cauliflower, Cheese Sauce.
Bread and Butter.
Apple Tapioca Pudding, Cream.
Cereal Coffee.

Dinner

Halibut Steaks, Stuffed with Oysters, Hollandaise Sauce.
Mashed Potatoes. Sweet Corn.
Lettuce-and-Tomato Salad.
Fruit Cup (Salpicon of Peaches and Pineapple).
Lemon Sherbet. Coffee.

SATURDAY

Breakfast

Cereal, Cream.
Bacon Omelet.
Stewed Potatoes.
Waffles.
Coffee.

Luncheon

Spanish Rice.
Peach Shortcake (Biscuit Crust).
Cereal Coffee.

Dinner

Broth with Macaroni Rings.
Scalloped Fish and Oysters.
Potato Croquettes.
Cauliflower-and-Beet Salad.
Squash Pie, Whipped Cream.
Coffee.

Menus for a Week without Meat or Fish

"Fruits and Nuts were the original food of man, green herbs, grasses, and roots taking their place later in his dietary."

SUNDAY

Breakfast
Grapes.
Shredded Wheat Biscuit, Toasted.
Broiled Tomatoes and Peppers.
Parker House Rolls, Reheated.
Coffee.

Dinner
Cheese Soufflé.
Late String Beans.
Cauliflower-and-Beet Salad.
Entire-wheat Bread and Butter.
Peach Ice-cream.

Supper
Bread and Butter.
Cream Cheese. Berries.
Tea.

WEDNESDAY

Breakfast
Cereal, Cream.
Hot Baked Apples Stuffed with Dates.
Rye Biscuit.
Coffee.

Luncheon
Eggs Poached in Baked Potatoes.
Yeast Rolls. Tea.
Grapes.

Dinner
Onion Soufflé, Tomato Sauce.
Succotash. Lettuce Salad.
Squash Pie, Whipped Cream.
Coffee.

MONDAY

Breakfast
Hot Cereal, Butter.
Broiled Mushrooms.
Sliced Tomatoes.
Rye-meal Rolls.
Coffee.

Luncheon
Cheese Ramekins.
Corn on the Cob.
Apple Dumplings.
Cereal Coffee.

Dinner
Baked Pea Beans, New York Style.
Cabbage Salad.
Hot Baked Peach-and-Tapioca Pudding.
Vanilla Ice-cream. Coffee.

THURSDAY

Breakfast
Melons.
Cereal, Cream.
Coffee Cake.
Coffee.

Luncheon
Cheese Timbales, Cream Sauce.
Tomato Salad.
Bread and Butter.
Boiled Rice, Caramel Sauce.
Tea.

Dinner
Corn Chowder.
Baked Lima Beans. Cole Slaw.
Hot Apple Croutons.
Coffee.

TUESDAY

Breakfast
Cereal, Butter.
Cream Toast of Boston Brown Bread.
Coffee Rolls. Melons.
Coffee.

Luncheon
Green Corn Custard.
Shredded Wheat, Toasted.
Baked Apples, Cream. Tea.

Dinner
Poached Eggs on Toast and Creamed Celery.
Boiled Onions, Buttered.
Mayonnaise of Tomatoes.
Baking-powder Biscuit.
Blackberry Sponge, Cream. Coffee.

FRIDAY

Breakfast
Berries, Cream.
Eggs in the Shell. Rolls.
Coffee.

Luncheon
Scaloped Cabbage and Cheese.
Lima Bean Salad.
Yeast Rolls.
Boiled Custard. Hasty Cake.
Tea.

Dinner
Macaroni Baked with Milk and Eggs.
Broiled Tomatoes and Green Peppers.
Sweet Potato Pie.
Coffee.

SATURDAY

Breakfast
Cereal, Cream.
Breakfast Corn-cake.
Berry Rolls.
Coffee.

Luncheon
Spanish Rice.
Lettuce-and-Egg Salad.
Sliced Peaches.
Tea.

Supper
Lentils Baked with Tomatoes.
Buttered Turnips.
Cottage Pudding in Muffin-pan.
Hard Sauce with Berries.
Coffee.

Formal Meals in August and September

"The painter will present in every dish a lovely scheme of color."

Dinners

I.

Chou Paste Cases, Swedish Fashion.
Chicken-and-Tomato Bouillon.
Deviled Almonds. Olives.
Boiled Salmon, Hollandaise Sauce.
Boiled Potatoes. Fresh Lima Beans. Cucumbers.
American Pheasant, Roasted. Fruit Jelly.
Lettuce-and-Tomato Salad.
Peach Sherbet. Almond Macaroons. Coffee.

II.

Little Neck Clams on Ice or Russian Croutons.
Consommé, Julienne Style.
Salted Pistachio Nuts. Olives.
Baked Bluefish, Cucumbers. Potato Croquettes.
Fillet Mignon of Beef, Fresh Mushroom Sauce.
Corn Timbales (Entrée).
Roast Wild Duck, Salad Chiffonade.
Peach Ice-cream. Angel Cake. Coffee.

Luncheons

I.

Cocktail of Little Neck Clams in Tomato Cups.
Chicken Broth en Tasse. Twigs.
Deviled Crabs in Shells. Cucumbers.
Fillets of Hot Baked Ham. Apple Fritters, Wine Sauce.
Cauliflower, Hollandaise Sauce (Entrée).
Broiled Spring Chickens. Salad Chiffonade.
Grape Bombe Glacé. Angel Cake. Coffee.

II.

Assorted Grapes.
Bouillon Frappé.
Broiled Fillets of Sword Fish, Maître d'Hôtel.
Potato Diamonds with Late Peas.
Lamb Chops, Baked with Forcemeat. Cress. Black Currant Jelly.
Mayonnaise of Lettuce and Tomatoes.
Meringues with Sliced Peaches and Whipped Cream.
Coffee.

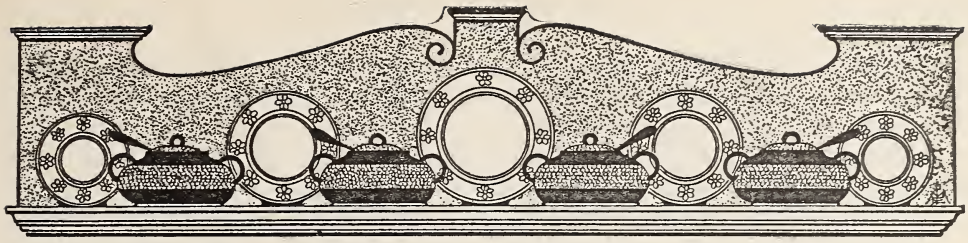
Picnic Dinners, August

I.

Deviled Crabs in Shells.
Cold Boiled Tongue, Sliced Thin. New Beets, Pickled.
Baking-powder Biscuit, Buttered. Bread-and-Pecan Nut Sandwiches.
Peaches. Macaroons. Hot Coffee.

II.

Cold Corned Beef (Brisket), Sliced Thin.
Boiled Eggs in Shell.
Cauliflower-and-Potato Salads.
Graham Bread-and-Butter Sandwiches.
Apple Turnovers. Cottage Cheese. Lemonade. Cold Coffee.



After Breakfast Chat

By Janet M. Hill

It is not the revolution that destroys the machinery: it is the friction.—*Beecher.*

"A poor man's greatest friends are economy and a milch cow."

WE often recall with pleasure the memory of a mother we once knew. She was the wonder of her friends, and time has only increased our admiration of her. When we first met this woman, she was the mother of six children, and in the course of time four more were added to the group. With ten children to feed, clothe, and educate on an income that admitted of outside help only on rare occasions, one might naturally expect to see a thin, irritable, and overworked woman. On the contrary, she was wholesome and rosy-cheeked, invariably cheerful, happy, and ready to enter into any practicable scheme that promised diversion for her friends or her family.

With her the end of life was the satisfaction of those about her. Furniture, house, meals, everything was contrived for the comfort of home life. Did the father wish to bring home an acquaintance or a child wish a companion to stay to dinner, each knew his wishes would be considered: company meant simply another plate, knife, and fork, and sitting a little closer.

Was a house desired for a church sociable or a committee meeting, Mrs. S.'s house was always available, and on short notice. Nor was her hospitality accepted merely as a last resort, but because it was known that here a hearty and sincere welcome would be extended to each and all, irrespective of age or calling.

To be sure, the family name carried prestige, which did much to atone for well-worn, even shabby, furnishings; but, unaccompanied by intrinsic worth of some kind, ancestry is of little worth.

Good health and a cheerful disposition was the inheritance of each child of the family; and the happy, contented babies grew up to look out for themselves and each other. No one was a drudge. All were willing to share in the routine of housework, and friction was reduced to the minimum.

One great advantage this family possessed: they did not live in a city or large town, but in a village, on a small plot of land whose resources were a never-failing storehouse for table supplies, and this brings us to the central thought of our chat.

Living in a city or large town with no resource for supplies, as a berry patch, garden, fruit-tree, or hennery, one can scarcely realize with what a small allowance of money a family in the country may be fed. Eliminate the friction caused by trying to make one dollar do the work of five in feeding a family, while all the time feeling that even that dollar ought to be spent for shoes and stockings instead of food, and life for many a woman

would take on a brighter aspect. The tension on nerves and health would be withdrawn, and happiness begin to reign at once. Let a woman with a family of children live for one season in the real country, where there is pasturage for a cow, fuel for the gathering, and fruit of all kinds for the picking, and she will exclaim again and again, Why do not more people come to the country to live?

Nor is this all. Children in the country, almost as soon as they can walk, may be turned loose to run at will. In the city, children, either young or old, must be watched and guarded constantly, lest this or that harm come upon them. In the city the dust and germ-laden air is a constant menace to health. In the country there is no dust except in the roadways, and these one is able to shun. In the country plain gowns, easily laundered, are in harmony with the surroundings, and the "frivols of fashion" are unlonged for. By all means let all of us, and more especially the woman with a family, seek the free, untrammelled life of the country for at least nine months of the year. A child who has not played in a babbling brook, raked after the hay-cart, pulled daisies and clover to his heart's desire, sampled berries from the vines, and watched the rain as it marshalled its forces on the distant hills, has been deprived of some of the joys of life, which can never be made up to him.

To the casual reader, the menus for a week without meat or fish may seem to be lacking in what one might call "nutrition." But she who reads a menu aright knows that every article that enters into the composition of a dish, as well as the cream and sugar taken with tea, coffee, and cereal, has a definite food value, which has to be reckoned with by the body. Are they needed, well and good: are they superfluous, they must be gotten rid of, for they will clog and burden the system as long as they are retained. An adult, probably, needs no more than three ounces of protein daily. Take, for instance, in the menus without meat or fish, the dinner suggested for Tuesday. Each article given contains protein, though the bulk of this principle is found in the eggs and milk in the "Poached Eggs on Toast with Creamed Celery"; but eggs, again, are used in the mayonnaise and in the blackberry sponge, so that the menu, while containing no beans, peas, macaroni, or cheese, which are some of the principal "stand-bys" of the vegetarian, is in no way deficient in the first principle of importance in a dietary; and, when the protein in the other meals for the day is considered, without doubt the three ounces of protein regarded as essential is amply provided for.

This being the case, unless the portions eaten be very small, do not many of us eat too much, by far, of meat, fish, and eggs, or highly nutritious food, especially when we take into consideration the rich puddings, bread, sauces, and dressings, which we are wont to consider necessary adjuncts to an already highly nutritious meal? During midsummer, when we are inclined to be indolent and when, too, there is little need of food to sustain bodily heat, the wise woman will curtail the quantity of food she supplies her family; she also will substitute fruit and green salads for puddings and cakes, which are again to be in demand when the cooler weather of autumn is at hand.

New and Novel Articles for Midsummer

A Refrigerator Picnic Basket

There have been picnic baskets and picnic baskets, but the last and newest one will certainly prove a joy to the

possessor. A strong, well-made, rattan basket of oval shape is lined with heavy tin in such a way as to make a compartment for food and a smaller one for ice. The handles turn down, and thus the basket can be readily pushed under the seat of the wagon and be out of the way.

Revival of Pewter Ware

The use of pewter—the ware that succeeded the wooden trenchers of our colonial ancestors—has been revived, and antiquated plates, coffee urns, tankards, and candlesticks are again used upon the table or to ornament the buffet or mantel-piece. To meet this revival of interest in an old-time ware, the same quaint shapes of old are now made in pewter, and also duplicated in alloys of pewter that show its dull finish without the objectional features always connected with this ware.

A New Idea in Finger Bowls

From the Union Glass Company come the graceful-shaped basket for flowers and the unique finger bowl with accompanying glass plate, made for the Arts and Crafts Society. These are shown on pages 61 and 66 of this issue. These conceits in glass have only to be seen, to be desired.

Grape-fruit Supreme

WHO that has ever beheld and tasted grape-fruit supreme at the Bellevue-Stratford can ever forget it?

To look upon that hemispherical globe of lusciousness is to desire it. To taste it is to feel that life as yet has many enticements.

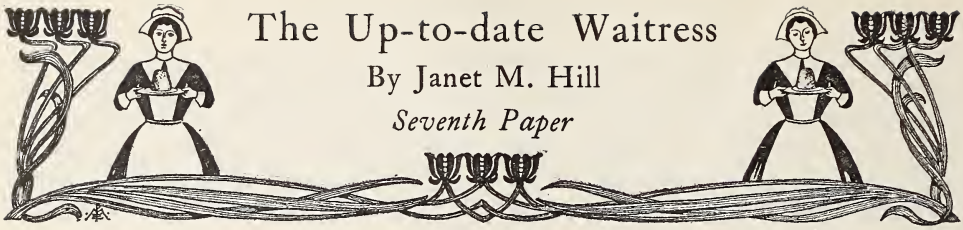
So for those who would make it at home, and eat thereof all that they wish, this description is penned:—

First there is an immense round goblet, so large it is more like a stemmed bowl than a goblet, filled with the finest of shaved ice. Embedded in this polar crystal is a ball of grape-fruit. This had previously been picked apart and pressed into the size and shape of a large orange.

This golden ball shows fairly through the ice and at the top, where it is all leveled flat. In a circle just outside of the grape-fruit are laid little cherry rings, made by stoning brandied cherries and slicing them thin. There are only about six or eight of these rings, and in the centre of each one is placed a dainty blossom of some kind, preferably a fruit blossom.

In the centre is piled a tiny pyramid of the cherries. Over the whole is poured maraschino. Now, with a cherry-red satin ribbon, tied in a saucy bow on the stem, the grape-fruit supreme is ready to serve.

To Steward McLoughlin, of the Bellevue-Stratford, belongs the credit of this exquisite ice. It may be varied as the season brings the various fruits. Strawberry and canteloupe supreme are made along the same lines.



The Up-to-date Waitress

By Janet M. Hill

Seventh Paper

The Care of the Dining Room

Daily Care

LAY a fire ready to light, then brush up the hearth, wipe the andirons and brass-work about the hearth with a dry cloth. Sweep the rugs with carpet-sweeper, and rub over the hard-wood border of the floor with a dry cloth or a long-handled dust mop. Dust each article in the room thoroughly with clean cheese-cloth, being careful to take up the dust rather than scatter the same. Have the windows open meanwhile, and shake the cloth out of a window occasionally. Put fresh water into vases of flowers, and lay the table. After a meal is finished and the table cleared, roll the table-cloth over the pasteboard made for the purpose, and lay it aside. Remove all crumbs from the floor and rug, open the windows and air the room, then adjust the window shades and leave the fireplace in order. Airing the room after each meal should never be omitted.

Weekly Care

Preparations for Sweeping

Once a week clean the dining-room thoroughly. Roll small rugs, to be brushed outside. If the rug under the table be too large for care outside, push the table from the rug into one corner of the room. Over the table spread a calico cover or cotton sheet kept for this purpose. Upon this set the dishes from the sideboard and the ornaments from the mantel, and cover closely. Take down draperies that are easily removed, and hang them in the open air. Close all doors and drawers to cabinets, closets, etc. Cover the chairs or remove them from the room. Cover clock and pictures. Remove the brass and steel from position, and clean the fireplace. If there are registers in the floor, lift them out, and set on a newspaper spread upon the floor. Wipe the pipes leading from the registers to the furnace, as far as you can reach, with a cloth slightly dampened. Put the registers back in place, and shut them to keep out the dust from sweeping. Close the doors leading from the dining-room, and open the windows.

Sweeping and Dusting

Sweep the rug thoroughly, and with the nap, taking short strokes. Roll up the rug, and sweep the floor with a long-handled bristle brush. If the rug can be taken out of doors, spread it, nap side down, on the grass, and beat with a rattan made for the purpose. Then sweep this side. Turn the rug, and sweep the other side with the nap. Small rugs may be hung on the line, and the dust be beaten from them with the rattan. Avoid shaking rugs by the ends, which are thus easily injured. With a soft brush, such as is used by painters, brush the dust from the windows and doors, going over all mouldings and edges, the outer sill of the windows, etc. Tie a bag, made for the purpose (of Canton flannel or similar material), over the broom, and brush the ceiling, the cornice, and the walls downward. Then with a dry

cheese-cloth go over the doors, windows, and finishing a second time. The hearth, having been properly brushed when the floor was swept, is now ready to be washed, and the brass and steel may be polished, and replaced.

Cleaning Tiles

If the fireplace is finished with tiles, wash these with a soft cloth in soap and water, and polish with the following preparation: five pints of boiling water, two ounces of laundry soap, one ounce of sal-soda, half a pound of wax, and an equal volume of turpentine. Shave the soap and wax very fine. Add the water, and stir over the fire until the ingredients are dissolved. Then add the soda. Remove from the fire, and stir until cold. Then store in a covered vessel. When ready to use, gently heat a cup of the mixture. Remove from the fire, and gradually stir into it a cup of turpentine. Use this to clean and polish tiles or marble.

Washing Glass and Windows

First rub over mirrors, windows, glass in cabinets, etc., with a soft, dry cheese-cloth, to remove dust. Then wash with a soft cloth wrung out of warm water, in which has been put a little liquid ammonia. Wash every part of the glass. Rub dry with a clean, soft cloth, and polish with tissue paper or a piece of chamois skin. If one is willing to take time to remove all traces of whiting, this substance with household ammonia will clean glass very quickly. Mix the whiting to a thin paste with equal measures of ammonia and water. Rub this over the glass, and, when dry, remove the whiting with a soft cloth, and polish with tissue paper.

Weekly Care of Hard-wood Floor

The floor has been swept with the bristle broom, and the dust taken up. If the rug has been removed for cleaning, the quantity of dust in the room should be very small. Now wipe over the floor with a cloth wrung out of warm water. Wring the cloth as dry as possible, and remove all spots. Then rub over any spots from which the polish has been worn with a cloth moistened in oil and turpentine, and rub again with a weighted brush. Woollen cloths or carpet may take the place of the weighted brush; but of course, in this case, the work will be more tedious.

Care of Bristle Brush, Dust Mop (Soft Cotton String), and Weighted Brush

The weighted brush needs to be kept free from oil and perfectly clean. As it is used infrequently, it should be covered at once after use with a cotton bag. Two or three times a year cleanse thoroughly. To half a kitchen pail of lukewarm water add three tablespoonfuls of household ammonia. Put the brush into this. Let remain half an hour. Then lift up and down in the water, and rinse in clear cold water. Let dry slowly in a current of air. Shake the dust mop every time it is used. Twice a month soak in water to which a little household ammonia has been added. Then rinse in warm water, and dry in the open air. Wash the bristle brush in the same way, but do not let the water come up over the top of the brush.

To restore the Polish on the Dining Table, Sideboard, or Side Table

Rub the table top free from spots with a soft cloth and furniture polish. Occasionally take some convenient time to thoroughly repolish. Powdered pumice-stone or rottenstone, with linseed or paraffin oil, haircloth, felt, and linen cloths, are needed for

this purpose. A "rubber" is a help in this work, and may be made at home. Cover a piece of hard wood eight or ten inches long and three or four inches thick and wide with several thicknesses of cotton batting. Over this fasten several thicknesses of old cotton cloth, and finish with several thicknesses of old linen. The felt or haircloth is used first, and this should be five or six inches square. Mix pumice-stone with oil to a thin paste. Spread this over a portion of the table top, and rub gently with the felt or haircloth, using first a circular movement. Then rub across, and at last with the grain of the wood. Renew the liquid paste as needed to obviate any friction, and add oil as well as paste if the haircloth or felt does not run smoothly. Continue the rubbing until the whole surface has been gone over. Polish with the second piece of haircloth or felt until the surface is dry. Take equal parts of oil and turpentine. Wet a soft cheesecloth in these, and go over the whole surface. Then leave the table for about an hour. Then sprinkle the surface with fine tripoli or rottenstone, that it may take up any surplus oil. Wipe off the tripoli with the grain of the wood and with a very soft cloth. Give the final polishing with the "rubber." Powdered pumice-stone is very satisfactory for use on ordinary pieces of furniture, but for very fine and handsome pieces tripoli is preferable. Haircloth, such as is used in stiffening coats and dresses, or pieces of felt cut from old hats, are quite as satisfactory as the felt purchased from a painter, for the former may be burned after use, while the latter, being expensive, needs be washed with care, and put aside for future use.

To finish Dusting

Remove coverings from clock, pictures, chairs, etc. Shake these in the air, fold neatly, and lay them aside in their proper place. Then dust each article with care. In removing the dust from over the doors, windows, etc., avoid the use of a feather duster as much as possible. A step-ladder makes possible the use of a soft cloth and the taking up of dust rather than the scattering of it. When the room is again in order, if there be time before the preparations for the next meal are begun, the brass of the fireplace may be polished.

Cleaning Brass

Brass and copper are cleaned very easily with acids; but, unless the acids are completely and immediately removed, the surface tarnishes again very quickly. Perhaps, all things considered, the use of salt and vinegar for cleansing, followed by polishing with rottenstone or tripoli and sweet or linseed oil, will be found as satisfactory as any of the means commonly employed.

1. Mix salt with vinegar or oxalic acid.

2. With a soft cloth wet in this mixture. Rub the surface until the tarnish is removed.

3. Wash the brass in clear water, and wipe dry.

4. Polish with rottenstone, whiting, or tripoli and sweet oil, using a woollen cloth.

5. Finish polishing with a dry, soft flannel.

Home Ideas and Economies

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

New Ideas from a Liner's Chef

THAT a transatlantic liner can give some new ideas, in addition to those of travel *per se*, some of the following cullings from the menus of a recent voyage go to show:—

Celery boiled as asparagus, and served with a drawn butter sauce.

Cranberry pancake, rolled.

Boiled artichoke served with grated cheese.

Spinach cooked with Limburger cheese.

Hazel-hen served before the sweets. (This game has a particularly offensive odor.)

Green gages served in lettuce salad.

Eggs cooked in sea water.

Chopped pickles in scrambled eggs.

Cold eels in a gelatine, such that one cannot detect the little fins; and these are swallowed unconsciously.

At Naples some of the third-class passengers aboard ate the inner tip of certain pine cones.

Whether all of the above are conducive to the *Mahlzeit*, which the captain wishes the passengers on taking his seat at table, it is left to the reader to guess. Certain, however, that some of the dishes are not nearly as bad as they sound, especially when accompanied by the free table wines served by the ship.

F. J. Koch.

Lunch-room for High-school Students

TWO years ago the Woman's Club of Lincoln, Neb., decided that it would be a wise plan to establish a lunch-room for the high-school students.

The Board of Education was consulted, and the use of the rooms in the basement of the old high-school building was secured.

The club had enough money in the treasury to partially fit up a kitchen; and, with the aid of some interested dealers, the kitchen was equipped. The Board of Education painted the rooms, and gave tables and chairs for the dining-room. A good cook was engaged; and, with the assistance of three maids, a checker, and cashier, all under the supervision of a manager (a Boston Cooking School graduate), the lunch-room was started Sept. 6, 1903.

What a rush we had the first day! The lunch-room was new, and all the students were anxious to see just how such a place was managed. They entered through one door, took their plates, walked past the counter, helped themselves to sandwiches, cake, dessert, milk, or fruit, then came to the steam table, where hot meat, one vegetable, cocoa, and soup were served. From there they passed out into the dining-room, took their silverware, received a check, paid for their lunch, and then sat down to the tables to enjoy the repast.

It was wonderful how many children we could serve in a short space of time, often three hundred and fifty in twenty minutes.

The lunch-room has now been running for two years, has paid its own expenses, and, in spite of the cheapness of the meals, has been able to give $100 to the high school. We charged 5 cents for meat, 3 cents for vegeta-

bles, 3 cents for cocoa or soup, 2 cents for bread and butter, 3 cents for sandwiches, 2 cents for milk, 3 cents for desserts, 2 cents for fruit, 1 cent for cake, 1 cent for pickles or olives, and 4 cents for ice-cream. The following is one of our menus:—

Cream of Tomato Soup.
Veal Loaf, Gravy
Mashed Potatoes.
Peanut Sandwiches.
Bread and Butter.
Cocoa. Milk.
Orange Custard.
Cake. Fruit. Pickles.

The menus are changed every day.

The lunch-room has been well patronized by the students during the entire time. The best of food has been supplied, and has been sold at the lowest possible price.

The principal of the high school has noticed a marked improvement in the recitations of the students after the noon hour, and he is confident that it is due to their having good and wholesome food. We only hope that this idea may be carried out in more high schools.

MARGARET WHEDON.

To Preserve Eggs

PUT one pint of lime (unslacked) into a large firkin, and pour over it boiling water. When lime is slacked and water has somewhat cooled, add one pint of coarse fine salt, and let dissolve.

Mix thoroughly. Then take stone jars or tubs, and put your eggs into them with small end of egg downward, and pack as firmly as possible, so, when water is poured over them, they won't float out of position. The eggs must be perfectly fresh, to insure success.

When all the eggs are well packed, stir the lime and salt water mixture from the bottom, and dip out from the bottom with a dipper, and pour carefully over the eggs until all are completely covered. Then place in a cool dark place. They will keep six months.

I have had eggs so put up in July, and used them in November for angel cake; and it was unsurpassed.

BERTHA ELY.

Plum Possibilities

HAVING a superabundance of the so-called "abundance" plum last year, I tried various experiments that may be of use to some.

Plum Jelly.—Take the plums before they are wholly ripe. Cover with boiling water, and let them boil slowly until they are thoroughly cooked. Then drain in a jelly bag. Use an equal measure of sugar and plum juice, and finish like other jellies.

Plum Marmalade.—Remove the plums from the jelly bag before the juice is entirely drained, and put them through a wire strainer. Sweeten to taste, and simmer until the sugar is thoroughly dissolved.

Baked Plums.—Put ripe plums in an earthen pudding-dish, cover with a generous allowance of sugar, and add a little water. Bake slowly until cooked through. These are also nice cooked on the top of the stove in the same way.

Plum Sherbet.—Cover plums with hot water. Simmer until thoroughly cooked. Then press through a wire strainer. Add water and sugar to suit the taste, and other fruit juices, if desired. Then freeze.

They also make a nice pudding, if used with tapioca in place of apples.

M. B. L.

THE president of Bryn Mawr College entertains the Freshmen at a reception at the beginning, and the Senior Class by a luncheon, at the end of each year. At the Seniors' luncheon this year the table, in the form of a letter V, was spread upon

the porch, the president, Miss M. Carey Thomas, being seated at the point of the V, from where she could see and be seen when addressing the class. The ices were served in the form of owls, since the owl is the college bird, sculptured in stone on the walls of Rockefeller Hall, and emblazoned upon the arms of the college. These birds of ice-cream were held erect by means of a small wooden base set upon the plate.

Library Paste

THIS paste can be made at home with little trouble, and kept in covered jelly-tumblers or pint jars, where a quantity is desired. Often it is needed by book clubs, when covers are to be put on to magazines, etc. The ingredients are five pints of cold water, six heaping tablespoonfuls of flour, one tablespoonful of gum arabic, one teaspoonful of alum, and one teaspoonful of oil of cloves.

Put four pints of the water and the gum arabic on the stove. While these are heating, mix the flour and the alum with the remaining pint of water. When the water is hot, but not boiling, add the alum and flour mixture, and stir constantly until it boils. When well thickened and smooth, add the oil of cloves, and put it in jars while hot.

The alum keeps bugs away, otherwise roaches, etc., would do much damage, because attracted by the flour. The oil of cloves assists in keeping it from spoiling.

This rule was obtained from a professional librarian.

JULIA DAVIS CHANDLER.

Window Kitchen

MY friend returned from Paris with the window-kitchen idea ready to introduce into an American apartment for light housekeeping, where space is limited and conveniences are lacking.

First, get permission from the owner. Have a carpenter build a small wooden extension outside of your dining-room window, the floor and sides of which should be even with the frame. Have a pane of glass for light in the end opposite your window, and the roof made pointed with an opening at the top to ventilate.

Set the gas or oil stove on the floor of the extension, where you can reach it by opening your window. Put zinc around it, to prevent fire, and above the ventilator to keep out rain.

Close the window when you are through cooking, or set a screen in front of it. Y.

Two Suggestions for Corned Beef

SO says the butcher, and this particular butcher may be relied upon. Corned beef, to be used hot, is at its best only when it has been boiled according to the following rules:

Cover with cold water. Bring hastily to a boil, and simmer one-half hour to the pound (or longer) until tender. Allow to stand in same water until perfectly cold. When preparing your dinner, boil it once more in the same water until thoroughly heated, and serve with drawn butter or horseradish sauce.

As a Base for Soup.—To make variety, try as a base for vegetable soup the stock from corned beef. Cool, skim, add tomato, onion, carrot, and cabbage. Frequently the addition of such seasoning as nutmeg, bay leaf, or Worcestershire sauce, is the making of a soup that seems to need a last touch.

Nothing new under the Sun

IT is an old and trite adage that "there is nothing new under the sun"; and wearied cooks in their search for novelty must sometimes heartily ac-

quiesce. But, if there is nothing in itself new, there are combinations of familiar edibles which touch the palate as novelties. For instance, hot chocolate sauce with ice-cream has long been on our dinner and luncheon menus; but how many know that cream puffs —common or garden cream puffs bought at the corner bakery—become quite an idealized dish when served with hot chocolate sauce? They thus lose all resemblance to "a boughten dessert," and have the added recommendation of being a quickly prepared "emergency dish."

Figs Stewed in Claret

Figs also appear in new and palatable form, if stewed long and slowly in claret and sugar. The sugar must be added to taste, and the quantity depends largely on the acidity of the claret used. When the figs are quite tender and the syrup has boiled thick, the mixture may be taken from the stove, and set on the ice until thoroughly chilled. It is served in tall frappé glasses, topped with stiff whipped cream, and makes a very delicious luncheon sweet.

Celery Stuffed with Cheese

A combination of cheeses makes a novel stuffing for celery. Equal parts of Roquefort, Camembert, and cream cheese, are crushed together in a mortar. Sherry is added until the mixture is of the consistence of thick mayonnaise. This is then spread on the stalks of celery, which have been previously separated. This makes a good accompaniment to cold meat.

A New Dainty for Five-o'clock Tea

A favorite dainty much served at the tea-hour in New York last winter was a macaroon sandwich. It was made by pressing together two very fresh macaroons, with a liberal layer of cream cheese between.

RUTH H. FULLER.

The Correct Bride's Cake

THE London *Sun* is responsible for the following: "The correct bride's cake from now on will be a simple loaf, spiced and fruited, iced and wreathed in natural orange blossoms, and only large enough to exactly supply the bridal party. Of course, the ring, spoon, and thimble will be baked into the loaf; and the centre of the table will be still occupied by the gorgeous plaster and nougat edifice, meant for ornamentation, not for food. Then for guests at the reception the *confiseur* sends tiny bridal loaves. Every one is a miniature cake in itself, appropriately spiced, cut square, in a circle or heart form, iced, wreathed with artificial orange blossoms and bearing in high sugar relief the couple's initials in the centre. Every one of these toy cakes is to fit, at a costly wedding, in a box of watered white silk, having a hinged top, and fastened with white wax, stamped with the bride's seal."

ICE-CREAM is generally looked upon as a perishable commodity; but, as a matter of fact, the best kinds of ice-cream, properly made and frozen, are shipped all over the world. Steamships for England and Germany are often supplied in New York with sufficient ice-cream to last on the journey over, and the return trip as well. Mediterranean ships have been supplied in similar fashion with enough frozen cream for a round trip. American ice-cream has gone even to China and Australia. This was taken first across the Atlantic to Bremerhaven, there repacked and placed in cold rooms of steamers for the Orient, where it arrived in good shape.—*Home and Abroad.*

QUERIES AND ANSWERS

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1044.—S. H., Worcester, Mass.: "Recipe for angel parfait."

Angel Parfait

Boil three-fourths a cup of sugar and one-third a cup of boiling water until, when tested in cold water, a soft ball may be formed. Pour in a fine stream onto the whites of two eggs, beaten very light, beating constantly meanwhile. Beat occasionally until cold. Then fold in one cup of double cream and one cup of single, or thin, cream, beaten solid to the bottom of the bowl. Flavor with a scant tablespoonful of vanilla extract or two tablespoonfuls of wine. Turn into a mould lined with paper, filling the mould to overflow. Cover with paper. Press the cover in place, and let stand buried in equal measures of salt and ice about three hours. This is particularly good with strawberry sauce or sliced peaches.

QUERY 1045.—Mrs. T. G., Nashville, Tenn.: "Recipes for frozen pudding and lemon custard with cornstarch and without milk or butter."

Frozen Pudding

Cook half a pound of French candied fruit (cherries, plums, etc.), cleaned currants, sultana raisins, and sliced citron, mixed, until tender, in half a cup of sugar and half a cup of water, or let the fruit stand over night covered with Jamaica rum. Drain and chill. Make a boiled custard of one pint of milk, one cup of sugar, one-fourth a teaspoonful of salt, and the yolks of five eggs, or use two level teaspoonfuls of cornstarch and the yolks of three eggs. Strain, add one pint of cream, and turn into the freezer.

When half frozen, add the fruit and flavoring (vanilla or wine). Finish freezing, and pack in a melon mould. The mould may be lined with lady fingers, soaked in wine. Cover with paper, and let stand an hour or more, packed in equal measures of salt and ice. Serve with whipped cream, sweetened and flavored.

Lemon Custard without Milk or Butter

Dilute three level teaspoonfuls of cornstarch with water to make a thin paste. Pour over it, while stirring, one cup of boiling water. Stir and cook ten minutes. Then add the grated rind and juice of a large lemon, one-fourth a teaspoonful of salt, a cup of sugar, and the beaten yolks of two eggs. Stir and cook until the egg is set. Then turn into a baking-dish. Cover with a meringue made of the whites of two eggs, four level tablespoonfuls of sugar, and a few drops of vanilla. Let stand in the oven ten minutes to cook the meringue.

QUERY 1046.—Mrs. A. H., Angelica, N.Y.: "How many pounds of uncooked fowl, bunches

of celery, and quarts of mayonnaise are needed to serve 150 guests with chicken salad?"

Chicken Salad for 150

A fowl weighing three pounds and a half yields one pint of meat. Rather less than the same measure of celery is called for. A bunch would give this quantity, and sometimes more. About half the measure—more rather than less—of the combined chicken and celery of mayonnaise is needed, say a cup and a half. This quantity will serve from eight to ten people. To serve one hundred and fifty multiply by fifteen, and the quantity secured will not be far out of the way; *i.e.*, 52½ pounds of chicken, a dozen or fifteen bunches of celery, and six quarts of mayonnaise.

QUERY 1047.—"Zambo," Zambranga, P.I.: "How is Russian 'caviare' prepared for serving? Also recipes for cooking fish roe."

Serving Russian Caviare

Caviare is used in various individual dishes that take the place of raw oysters. A few drops of lemon juice are added to the caviare after it is taken from the receptacle in which it is purchased. Occasionally a few drops of oil are added alternately with the lemon juice. The dish, in which the oil, lemon juice, and caviare are mixed, may be rubbed over with the cut side of a clove of garlic. Other than this the caviare needs no preparation. It is served in tiny puff-paste patties, Swedish timbale cases, or chou-paste cases (round or éclair shape), as a sandwich filling, a covering for rounds of bread fried in oil or butter and cooled, or as a decoration for a Russian fish salad.

Cooking Fish Roe

Put the roe in water a little below the boiling-point, taking care not to break the thin outer skin of the roe. Add a tablespoonful of lemon juice or vinegar and a teaspoonful of salt to each quart of water. Heat the water to the boiling-point, then let simmer about twenty minutes. When cold, cut in slices or cubes. Serve in cream sauce or tomato sauce, Newburg style, in croquettes, in a soufflé, in an omelet, au gratin style, or as a salad.

Fish Roe Salad

Let the cubes of roe stand, mixed with salt, paprika, oil, and lemon juice, in a cool place until ready to serve. Then drain, add an equal measure of cucumber slices, dress with mayonnaise or French dressing, and serve at once on lettuce leaves.

Shad Roe, Maryland Style

Put two or three uncooked roe in a well-buttered baking-dish. Sprinkle with salt and pepper, and half cover with broth. Add two tablespoonfuls of butter, cut in pieces. Cover the pan, and cook in the oven fifteen minutes. Keep hot on the range until the stock is reduced to one cup or less. Beat the yolks of three eggs, add one cup of thin cream, and stir into the hot sauce very slowly. Cook over hot water until thickened slightly, adding meanwhile two tablespoonfuls of butter. Also add salt and pepper, if required, and pour over the roe. Garnish with thin slices of broiled bacon. Other roe than shad may be cooked in the same manner.

QUERY 1048.—Mrs. G. C. Valdez, Alaska: "Recipe for Mexican enchilades. How may the skins be removed from dried red chili peppers?"

Mexican Enchilades

Have ready the dark meat of a cold, cooked chicken. Chop this rather fine. Cut five or six large red chili peppers in halves. Remove the seeds. Then cover the peppers with boiling water, and let cook until tender. Then press through a very fine sieve. The skin

will remain in the sieve. Often the chilis are simply soaked in warm water until the flesh is quite soft. Then the soft portions may be scraped from the skin or passed through a fine sieve. To the chopped chicken, seasoned with salt, add about two tablespoonfuls of the pepper purée. Beat two eggs very light, but without separating the white and yolk, add a cup of milk. Then pour this mixture very gradually into enough corn-meal to make a thin batter. About three-fourths a cup will be needed. About twice this quantity of flour (which is sometimes used) would be required. Add a few grains of salt to the flour. Have ready a hot frying-pan. Put in a little olive oil, rather more than in making griddle-cakes. Then turn in enough batter to make a thin cake several inches in diameter. Shake the pan until the mixture is set. Then put two tablespoonfuls of the chicken mixture on one side of the cake. Roll up the cake, and remove to a serving-dish. Continue until the ingredients are used. Pour over the cakes, set in a row down the centre of the serving-dish, a chili sauce. Sprinkle the whole with grated Parmesan cheese, and send at once to the table. Probably an American would turn the cake in the same manner as a pancake, thus cooking both sides before adding the mixture and rolling.

Chili Sauce

To chilis (the number depending upon the taste) prepared as above, add a pint of cooked tomato, a large onion, cut in slices, and half a teaspoonful of salt. Let simmer twenty minutes, then strain, and use as above.

Query 1049.—Miss L. F., South Brooklyn, Ohio: "Recipes for cream puffs as bakers make them, and French fried potatoes."

Cream Puffs

Set a saucepan containing half a cup of butter (lard, cottolene, etc., may be used) and one cup of boiling water over the fire. When the mixture boils, sift in one cup of flour and a few grains of salt. Stir vigorously until the mixture forms a smooth paste and cleaves from the side of the pan. Turn into a bowl, and beat in four eggs, one at a time. Beat in each egg thoroughly before another is added. If the eggs are of large size, three will be enough. Shape the paste in rounds about two inches in diameter on a buttered baking-sheet. (Bakers use a pastry bag, with plain tube for shaping.) Brush over the tops with beaten egg, diluted with milk. Bake about twenty minutes in an oven with strong heat below. Remove the cakes to a wire cooler as soon as baked (to avoid sweating). When cold, open at one side and fill with cream, sweetened, flavored, and beaten solid, or with English cream filling.

English Cream Filling

Scald one pint of milk in a double boiler. Sift together half a cup of flour, half a cup of sugar, and one-fourth a teaspoonful of salt. Dilute these with a little of the hot milk, then return the whole to the fire, and stir and cook until the mixture thickens. Then cook, stirring occasionally, for fifteen minutes. Beat two eggs or four yolks of eggs. Add one-fourth a cup of sugar, and beat it in thoroughly, then stir into the hot mixture. Stir until the egg looks cooked, then cool and flavor with vanilla.

French Fried Potatoes

Scrub and pare the potatoes, and cut in eighths, lengthwise. Let stand in ice-cold water until well chilled. Then dry between towels as they are to be fried. Fry in a basket, few at a time. Avoid having the fat too hot, or the potatoes will be dark-colored before they are cooked through. When cooked,

they should be golden brown. Drain at once on soft paper, then sprinkle with salt, and serve.

Query 1050.—R. G., Kansas City, Mo.: "Recipes for Italian cream. How can fruit syrups be made at home? How prepare a mint julep?"

Neapolitan Ice-cream

Italian or Neapolitan cream ice is universally made in France and Italy. Cream or rich milk and yolks of eggs, in the proportion of from six to twelve of the latter to a quart of the former, form the foundation of this cream. One cup of sugar is allowed to each quart of cream, and another to each dozen of yolks. Beat the yolks until light-colored and thick. Add the sugar, and beat again. Then cook in the hot cream as a boiled custard. Strain, and, when cold, flavor and freeze. The ices made in this manner are usually flavored with coffee, chocolate, caramel, and vanilla. Bisque ice-cream is also usually made after this formula.

Bisque Cream Ice

Scald one quart of thin cream or a pint each of cream and rich milk. Beat the yolks of six eggs. Add half a cup of sugar, and beat again. Then cook in the hot cream until the mixture coats the spoon. Strain into a cold dish, and, when cold, add a tablespoonful of vanilla and freeze. Then remove the dasher, and beat in a generous cup of fine-chopped nuts or of powdered-and-sifted macaroons.

Fruit Syrups made at Home

Fruit syrups can be made at home with very little trouble, and are much to be preferred to those purchased of a dealer in fancy groceries. Heat the fruit, and express the juice as in making jelly. Currants, strawberries, and raspberries yield their juice with pressure and without heat, which takes from their fresh flavor. For each pint of juice take a pint of sugar. Boil three pints of sugar and a cup of water to a clear syrup. Skim, and add three pints of strained juice. Let heat to the boiling-point. Then store as canned fruit in sterilized fruit jars. Fruit juice canned without syrup will keep perfectly if the usual precautions in canning be taken. The juice may be heated in an open kettle or in the jars set on a rack in a kettle.

Mint Julep (Mrs. Henderson)

Bruise several tender sprigs of fresh mint in a teaspoonful of sugar, dissolved in a few tablespoonfuls of water. Fill the glass one-third with brandy, claret, sherry, or any wine preferred, and the rest with fine-pounded ice. Insert some sprigs of mint with stems downward, so that the leaves above are in the shape of a bouquet. Drink through a straw.

Query 1051.—Mrs. A. J. S., Somerville, Mass.: "Can crème de menthe, such as is served in fine-crushed ice, in cordial glasses, after a luncheon, be prepared at home? If so, kindly give directions for its preparation."

Crème de Menthe

Chop enough spearmint to fill a pint fruit jar, putting the mint in very loosely. Put in alcohol of the best grade, to cover completely the mint. Put on a rubber, and screw the cover on tight. Let it stand for three or four days. Then strain through a doubled cheese-cloth. Make a syrup by boiling a quart of sugar and a pint of water. Five or six minutes after boiling begins, skim and let cool. While still warm, but not hot, mix with the mint mixture an equal measure of the syrup. Then bottle, and set aside in a cool, dry place. To use, partly fill a tiny cordial glass with shaved ice, and pour over from one teaspoonful to one tablespoonful of the crème de menthe. Pass in the library or re-

ception-room, on doily-covered plates holding after-dinner coffee spoons.

Query 1052.—Mrs. F. H. H., Sioux Falls, So. Dak.: "Recipe for whole-wheat bread with compressed yeast, giving the quantity of flour by measure. Also length of time to raise before and after it is made into loaves."

Whole-wheat Bread

Scald two cups of milk (or one of milk and one of boiling water may be used). Add two level tablespoonfuls, each, of sugar and butter, a teaspoonful of salt, and, when cooled to a lukewarm temperature, a cake of compressed yeast, crumbled and mixed to a liquid in half a cup of lukewarm water. Stir in four cups of sifted bread flour (white) and about five cups of sifted entire-wheat flour. Turn onto a floured board, and knead until smooth and elastic, ten minutes or more. Then set aside in a covered dish, in a temperature of about 68° F., until doubled in bulk (about three hours). Cut down, and turn over the dough and let stand until again light (from half to a full hour). Repeat the cutting down, if desired. Then shape into loaves. When nearly doubled in bulk (about an hour), bake one hour.

Query 1053.—Mrs. A. G. H.: "Directions for canning spinach, string beans, young beets, and carrots. How long should corn be cooked in canning? Last year I candied cherries. They were much like raisins in color and texture. They were not red and plump like those we buy in the store."

Canning Vegetables

Our experience in canning vegetables is rather limited. To can vegetables successfully, one needs have access to a garden, and take the vegetables before the sugar in composition has changed to starch. Only tiny peas, lima beans, string beans, and corn "in the milk" can be put up without fear of failure. The time of cooking will vary a little from year to year, according to the season and condition of the ground; but these things modify the time of cooking less than does the manner in which the canning is done. In certain canners the cooking is done under a heavy pressure of steam. In some of the steam cookers, while the steam pressure makes an appreciable difference in the time needed for canning, longer cooking is demanded than in the best canners. In others, the pressure of the steam corresponds to that obtained in an ordinary kettle, closely covered, or in a wash boiler. The time given in the following recipes is for canning when an ordinary kettle or a wash boiler is fitted up for the purpose with a rack, upon which the jars may stand. This rack or trivet is to insure the circulation of water below the jars. A tin sheet filled with holes resting on baking-powder box covers or a rack made by fastening narrow strips of wood onto two lengthwise strips of wood answers all purposes. Of course, the sheet or rack needs be of a size to let down easily into the kettle or boiler.

Canned Corn

Pack the corn (see above) cut from the cobs into jars, pressing it down tight and filling the jars nearly to the top. Lay a folded cloth on the rack. On this set the jars. Pour into the kettle lukewarm water to one-third the height of the jars. Put on the jar covers. Cover the kettle, and let cook three hours after boiling begins. If the jars are not now full, use one or more jars to fill the others to overflow. Adjust the rubbers and covers, return to the fire, and cook one hour and a half. Then adjust the covers, and let cool in the kettle. If Mason jars be used, tighten the covers again when the jars are cold. We would greatly esteem the courtesy, if those trying these recipes for canned vegetables would report results, and also any variations in the methods given.

String Beans

Remove the strings, cut the beans into pieces lengthwise, throwing them as cut into a pan of cold water. When all are prepared, drain and put into jars. Set the jars into the kettle, as before. When thoroughly heated, fill each with boiling water, cover, and let cook one hour. Then add a teaspoonful of salt to each jar, also water, if needed, to fill to overflow. Adjust the rubbers and covers, and let cook twenty minutes. Fasten down the covers, and let cool in the water.

Beets and Carrots

Scrub tiny young beets, and cut off the stems one inch from the top of the root. Let cook directly over the fire until nearly tender. Drain, cover with cold water, and with the hands rub off the skin. Put into jars, shaking them down well. Set onto the rack, and, when the jars are well heated, add a teaspoonful of salt to each jar, and fill them to overflow with boiling water. Adjust the rubbers and covers, and let cook three-fourths an hour. Then tighten the covers, and let cool in the kettle. Prepare carrots in the same way.

Spinach

Remove all coarse stems. Wash in five or six waters. Then press very tight into jars. Add half a teaspoonful of salt to each jar, cover, and let cook thirty minutes. Then use part of the jars to fill the others to overflow. Press down the spinach, but add no liquid other than is found in the jars. Make sure that the jars are filled to overflow. Adjust the rubbers and covers, return to the fire, and cook half an hour. Tighten the covers, and let cool in the kettle.

Candied Cherries

The process of candying fruit is a long one, and calls for special apparatus. With much care and patience the results of the professional can be approximated, but probably not wholly secured. We are unable to give the variety of cherry best adapted for the purpose, but there is a choice.

QUERY 1054.—Mrs. J. H., Birmingham, Ala.: "Recipe for devil's food cake with spices."

Devil's Food Cake

Cream half a cup of butter. Gradually beat in one cup of sugar, then three ounces of melted chocolate, and the well-beaten yolks of two eggs. Sift together one cup and a half of flour, half a teaspoonful of cinnamon, one-fourth a teaspoonful of cloves, and two and one-half level teaspoonfuls of baking-powder. Add to the first ingredients, alternately, with half a cup of milk. Flavor with one teaspoonful of vanilla, and beat in the whites of two eggs, beaten stiff. Bake in a loaf about forty minutes, in layers twenty minutes.

QUERY 1055.—A. G., Children's Home, Boston: "Recipes for rye-meal muffins, plain rice puddings, and desserts made with blueberries."

Rye-meal Muffins

Pass through a sieve together two cups of sifted pastry flour, two cups of rye-MEAL (not flour), half a cup of sugar, one teaspoonful of salt, and two level tablespoonfuls of baking-powder. Beat one or two eggs without separating white and yolk. Add one cup and three-fourths of milk, and stir into the dry mixture with one-fourth a cup of melted butter. Bake in roll-pans about twenty-five minutes. This recipe makes two dozen. (The sweetness of the rye-meal makes these a particularly good variety of muffin.)

Rice Pudding with Raisins

Put three-fourths a cup of rice over

the fire in plenty of cold water, and stir to prevent sticking, while heating quickly to the boiling-point. Drain, rinse in cold water, and drain again. Mix the rice with a cup and a half of sugar, two teaspoonfuls of salt, a grating of nutmeg, and a cup of raisins, and turn into a pudding-dish with two quarts of milk. Bake in a very slow oven nearly an hour and a half, stirring the mixture occasionally during the first half-hour. Half an hour before removing the pudding from the oven carefully lift up the brown crust at one side, and slowly turn in a cup or more of rich milk. (This is a particularly good pudding, if baked very slowly. May be served hot or cold.)

Blueberry Sponge

Cook a quart of blueberries, half a cup of sugar, and half a cup of water, five or six minutes. Then strain through a very fine sieve. In the mean time remove the crust from a loaf of bread, and cut the crumb into half-inch cubes. Fill an earthen bowl closely with the cubes, pouring over them as they are fitted in place the hot juice. Fill the bowl evenly to the top with the bread and juice, using all the juice the bread will take up. Set aside in a cool place for some hours. Then turn from the bowl.

Blueberry Betty

Remove the crust from slices of stale bread. Put the bread spread with butter into a pudding-dish in layers, alternating with blueberries. Sprinkle the blueberries with sugar, a little salt, and, if desired, a grating of nutmeg. Have generous layers of blueberries. Squeeze over the whole the juice of a lemon, or add half a cup of water. Cover the dish, and let bake until the berries are tender. Then remove the cover to brown the top. Serve with cream and sugar.

Query 1056.—Mr. F., Boston, Mass.: "Few menus for one whose liver is sluggish."

Menus

The diet should be non-stimulating; *i.e.*, alcohol and condiments, especially curry, should be completely eliminated. Coffee and tea, if not given up entirely, should not be used freely. The quantity taken should be reduced to not more than one cup a day, and this should be very weak. Drink water freely half-way between meals. Opium in any of the forms in which it appears in patent medicines should be avoided.

The quantity of fats, sugars, and most starchy foods must be reduced to the minimum. Among the articles especially prohibited are pickles, sauces, fried foods, veal, pork, in all forms, corned beef, salt fish, lobsters, crabs, oily fish, as salmon, mackerel, and sardines, preserves, pastry, hot breads, cake, rich puddings, breakfast cereals, and starchy vegetables, as potatoes, corn, peas, and beans. To avoid constipation, eat freely of green succulent vegetables and fresh fruit in season. The fruits having preference are grapes, oranges, peaches, baked apples, and prunes stewed without sugar.

Much depends upon the manner of eating. Avoid eating when tired. Lie down and rest half an hour before taking food. Have cheerful company at meals. *Masticate thoroughly*, taking but little, if any, liquid meanwhile. The following menus are written on the supposition that milk is always well borne, but this is not always the case.

Menus for Active Man with Sluggish Liver

Breakfast.

Baked Apples.
Soft-cooked Egg.
Dry Toast, very lightly Buttered.

Dinner (Middle of the Day).

Broiled or Baked Halibut or White Fish.
Asparagus or Spinach.

Stale Bread.
Rice Pudding.

Supper.
Stale Bread, Toasted. Milk.
Gluten Crackers.
Sliced Peaches, lightly Sugared.
Tea.

Breakfast.
Barley Crystals, Milk.
Sliced Peaches.
Hamburg Steak, Broiled.
Stale Entire-wheat Bread.
Hot Water (Small Quantity).

Dinner.
Boiled Lamb (Yearling).
Small Baked Potato.
Squash.
Sea Moss Blanc-mange.
Milk. Sugar.

Supper.
Broiled Tomatoes. Soft-cooked Egg.
Stale Graham Bread.
Tea.

Breakfast.
Peaches.
Hot Boiled Rice.
Slice of Cold Lamb
Zwieback.
Coffee.

Dinner.
White Fish Baked in Milk
Raw or Cooked Celery.
Small Baked Potato.
Grapes.

Supper.
Egg Timbales.
Broiled Tomato.
Toasted Crackers or Bread.
Lemonade (not very Sweet).

Breakfast.
Baked Apples.
Broiled Lean Mutton Chop.
Lettuce with Lemon Juice (No Oil).
Stale Rye Bread.
Buttermilk.

Dinner.
Slice of Fowl, Baked, without Dressing.
Mashed Potato (Small Portion).
Spinach.
Grape Sponge (Grape Juice, White of Egg, Gelatine, Sugar sparingly).

Supper.
Sliced Peaches.
Plain Junket.
Toasted Shredded Wheat Biscuit.
Tea.

Breakfast.
Broiled White Fish.
Sliced Tomatoes.
Small Baked Potato.
Grapes. Coffee.

Dinner.
Slice of Hot Roast Beef.
Squash. Celery. Bit of Bread.
Baked Apple Tapioca Pudding.

Supper.
Hot Boiled Rice, Milk.
Baked Apples.

QUERY 1057.—N. D. G., Chicago: "How many whites of eggs are to be used in the lady cake, a recipe for which is given in answer to Query 1040?"

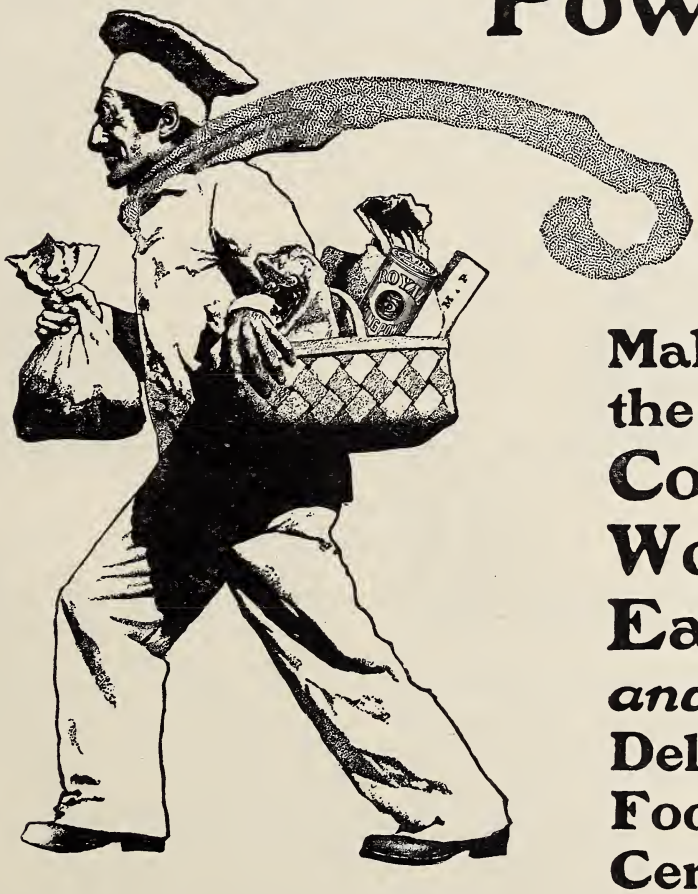
Whites of Eggs in Lady Cake

The whites of ten eggs are called for in the recipe given.

A Porch Table

The old-fashioned colonial settle, which is a table, a bench, and a bureau combined, is a useful article on the summer lawn or piazza. The fact that it is found among the kitchen furnishings of the department stores, and is really sold there as an ironing-table, does not detract from its convenience and good effect in a more pretentious use. The drawer, or box, beneath the seat is a convenient receptacle for all sorts of summer litter, from tennis rackets to magazines, and with a cushion or pillow or two it is, in its bench rôle, a useful seat. One seen last summer at the side of a tennis court was painted in sealing-wax red enamel. It was set under a large lawn umbrella, also of red, and the gay arrangement against a background of green shrubbery was not unattractive.

ROYAL Baking Powder



Makes the Cook's Work Easy *and* Delicious Food Certain

Royal Baking Powder is favored by Cooks and Housekeepers because it renders the food more healthful and nutritious and is withal more economical.

FREE FROM ALUM AND ABSOLUTELY PURE

ROYAL BAKING POWDER CO., 100 WILLIAM ST., NEW YORK.

Book Reviews

DEEP BREATHING. By S. M. A. Ciccolina. Illustrated. Cloth. Price 50 cents. New York: M. L. Holbrook & Co.

This is a very useful little book, translated from the German. The author's enthusiasm carries her readers with her. In these pages her object is to set forth the inestimable value of voluntary deep abdominal breathing in its bearing on voice culture, health, and life. To read, believe, and consequently practise the few simple rules and directions given here means more perfect and complete living. Fortunate are they who learn early to prize the worth of deep breathing for the preservation of health and life. Consider the relations of the atmosphere to life, and the value of the practice of deep breathing becomes manifest. "Where respiration is full and vigorous, as in most birds, life is energetic. Where it is feeble, as in frogs, life is torpid. Man lives in proportion as he breathes, and the activity of the child is in close relation to the strength of its lungs. So, too, is the calmness, dignity, and power of man in proportion to the depth and tranquillity of his respiration. If the lungs are strong and active, there is courage and boldness. If feeble, there is cowardice and debility. To be out of spirits is to be out of breath. To be animated and joyous is to be full of breath. When eager and full of enterprise, we consume large quanti-

(*Continued on page xii*)

Business Women

A Lunch Fit for a King

An active and successful young lady tells her food experience:—

"Some three years ago I suffered from nervous prostration, induced by continuous brain strain and improper food, added to a great grief.

"I was ordered to give up my work, as there was great danger of my mind failing me altogether. My stomach was in bad condition (nervous dyspepsia, I think now); and, when Grape-nuts food was recommended to me, I had no faith in it. However, I tried it, and soon found a marked improvement in my condition as the result. I had been troubled with deathly faint spells, and had been compelled to use a stimulant to revive me. I found, however, that by eating Grape-nuts at such times I was relieved as satisfactorily as by the use of stimulants, and suffered no bad effects, which was a great gain. As to my other troubles,—nervous prostration, dyspepsia, etc.,—the Grape-nuts diet soon cured them.

"I wish especially to call the attention of office girls to the great benefit I derived from the use of Grape-nuts as a noon luncheon. I was thoroughly tired of cheap restaurants and ordinary lunches, and so made the experiment of taking a package of Grape-nuts food with me, and then slipping out at noon and getting a nickel's worth of sweet cream to add to it. I found that this simple dish, finished off with an apple, peach, orange, or a bunch of grapes, made a lunch fit for a king, and one that agreed with me perfectly.

"I throve so on my Grape-nuts diet that I did not have to give up my work at all, and in the two years have had only four lost days charged up against me.

"Let me add that your suggestions in the little book, 'Road to Wellville,' are, in my opinion, invaluable, especially to women." Name given by Postum Company, Battle Creek, Mich.

"The Road to Wellville" in each package.



One of the 57

A prudent mother always serves her children with the most nourishing food. Nothing is more delicious and appetizing than

HEINZ BAKED BEANS

Baked, not boiled. Every bean is baked through and through to a rich brown color. Our scientific methods in baking bring a new value to the taste and food value of the bean. Our model kitchens and equipment insure cleanliness and perfection in every detail. We make 3 kinds of beans.

HEINZ BAKED BEANS WITH TOMATO SAUCE

Finest selected Beans, Pork and Tomato Sauce delicately seasoned. In three sizes of tins, containing three, six and nine portions respectively.

HEINZ PLAIN PORK AND BEANS

The old-fashioned Boston Baked Beans without Tomato Sauce.

HEINZ VEGETARIAN BAKED BEANS

Prepared with Tomato Sauce but without Pork.

Every Product that Bears Heinz Name it's Safe to Buy.

A Booklet, good reading about good things for the table. Sent Free.

H. J. HEINZ CO., Pittsburgh, U.S.A.

HEINZ 57 HEINZ 57

ties of air; when weary, we yawn; when frightened, we are breathless and aghast. However well we find ourselves, if we do not breathe enough, we do not take on good conditions, but become feverish and irritable. Why, then, should we send invalids to a healthy region if they do not breathe air deep into their lungs?"

Both the book and the subject are commendable. In comparatively small circles as yet this subject is beginning to receive any considerable degree of attention.

Outlines of Rural Hygiene. By Harvey B. Bashore. Cloth. Illustrated. Price .75 net. Philadelphia: F. A. Davis Company.

This is the most practicable and helpful handbook for rural districts we have chanced to see. Water supply, waste disposal, soil drainage, and construction of habitations are treated concisely and from the latest scientific point of view. For instance, we had occasion recently to know how to construct a cistern, and satisfactory information was not to be had until this little volume came to hand. Here on four pages was found exactly what was needed. By figures and illustrations many another matter of concern in districts outside the large cities is made just as plain as is the construction of a cistern.

The book is well adapted in every respect, to aid in the diffusion of sanitary knowledge where this knowledge is most needed. A single paragraph will suffice to substantiate the eminent practicability of the work: "The

(*Continued on page xiv*)

Mental Accuracy

Greatly Improved by Leaving off Coffee

The manager of an extensive creamery in Wisconsin states that, while a regular coffee drinker, he found it injurious to his health and a hindrance to the performance of his business duties.

"I cannot say," he continues, "that I ever used coffee to excess, but I know that it did me harm, especially during the past few years.

"It impaired my digestion, gave me a distressing sense of fulness in the region of the stomach, causing a most painful and disquieting palpitation of the heart, and, what is worse, it muddled my mental faculties so as to seriously injure my business efficiency.

"I concluded, about eight months ago, that something would have to be done. I quit the use of the old kind of coffee short off, and began to drink Postum Food Coffee. The cook didn't make it right at first: she didn't boil it long enough; and I did not find it palatable, and quit using it and went back to the old kind of coffee, and to the stomach trouble again. Then my wife took the matter in hand, and, by following the directions on the box faithfully, she had me drinking Postum for several days before I knew it. When I happened to remark that I was feeling much better than I had for a long time, she told me that I had been drinking Postum, and that accounted for it. Now we have no other kind of coffee on our table.

"My digestion has been perfectly restored, and with this improvement has come relief from the oppressive sense of fulness and palpitation of the heart that used to bother me so, and I note such a gain in mental strength and acuteness that I can attend to my office work with ease and pleasure and without making the mistakes that were so annoying to me while I was using the old kind of coffee.

"Postum Food Coffee is the greatest table drink of the times, in my humble estimation." Name given by Postum Company, Battle Creek, Mich.

There's a reason.

Such delicious bacon as that made at Canajoharie by the special curing of the Beech-Nut Packing Company has never been produced in any other way. Next to that delicious taste, which must be experienced to be appreciated, comes the attractive way in which

Beech-Nut Sliced Bacon

is put up—in uniform slices, in air-tight glass jars, in a vacuum, which requires no other preservative. **Beech-Nut Products** need no pure food law to make them absolutely pure. The process of packing preserves without the introduction of any false preservative.

An assorted dozen of Beech-Nut products sent to any address, express prepaid, for $3.00.



Beech-Nut Sliced Beef

is what you would call "dried beef," except that Beech-Nut Beef, sliced and put in air-tight jars, has a peculiar flavor due to the curing, which flavor is never lost on account of the perfect preservation. No preservative is used to keep Beech-Nut Beef. It is packed in glass jars in a vacuum. Delicious dishes can be made from it. Send for the Beech-Nut book containing a dozen recipes for appetizing dishes made from Beech-Nut Sliced Beef and Beech-Nut Sliced Bacon.



There are 19 varieties of jams, marmalades, stuffed dates, jellies and other good things put up under the general name of **Beech-Nut Conserves**

Each jar has the delicious flavor of the fruit, ordinarily found only in home preserves. These conserves are absolutely pure, containing nothing but sugar and fruit, and have delighted everyone who has tasted them.

Beech-Nut Packing Company, Canajoharie, N. Y.



waste of an ideal country house should be disposed of somewhat as follows: The material from the dry closet—which is the only method of excreta disposal recommended, where there is no water service—is to be used as fertilizer by burying a few inches in cultivated soil, either on the garden-bed or on a neighboring farm. The *waste water* from the kitchen sink and the bath runs into lines of surface or subsoil drains. The *garbage*—that is, the putrescible part which comes from the kitchen—is burned in the range or buried in a pit in the garden-bed. The combustible part—rags and paper—is burned. The non-combustible part—ashes, tin cans, oyster shells, etc.—is taken away and used for filling. In houses where there is water service and water-closets, excreta and slop waters are disposed together in the form of sewage, and for this the only means of disposal is irrigation. The cesspool should not be thought of."

Origin of the Steel Pen

"We owe the steel pen," said an inventor, "to a man named Gillott,—Joseph Gillott,—an Englishman.

"Gillott was a jeweller. He lived in Birmingham. One day, accidentally splitting the end of one of his fine steel jewel-making tools, he threw it peevishly on the floor.

"An hour later it was necessary for him to write a letter. Where, though, was his quill pen? He searched high and low, but couldn't find it. Looking finally on the floor, he discovered not the pen, but the broken steel tool.

"I wonder if I couldn't make shift to write with this?" he said.

"And he tried to write with the split steel, and, of course, he succeeded perfectly.

"To this episode we owe the steel pen, which has superseded the quill all over the world."—*Louisville Courier Journal.*

The Spilled-salt Superstition

The original superstition of salt dates from the overturned salt-cellar which is found in the painting called "La Sainte-Sene." In front of the figure of Judas Iscariot, who wears the leather bag in which he carries the thirty pieces of silver received for betraying Christ, is the overturned salt-cellar. But why did the artist, Da Vinci, put the spilled salt before Judas? Because the ancients always attached to salt an idea of ruin and desolation. When they burned down a town, they sprinkled salt over it to show that it was never to be rebuilt. Da Vinci in his picture wished to demonstrate that the ill-gotten gains never could be profitable.

Tea leaf that is closely twisted generally gives a second cup that is superior to the first, since this does not infuse so quickly as the flat, open leaf. Where hard water is to be used in tea-making, the closely twisted leaf tea should be purchased; where the water is soft, the more open leaf can be used to advantage. A leaf with a brown shade gives the best liquoring tea: a black, pretty leaf gives, generally, a poor liquor.

The average girl finds it much easier to get married than to keep house.

To destroy disease germs and foul gases, the waste-pipes, sinks, closets, cellars, and every suspected spot should be regularly purified with

Platt's Chlorides

The Odorless Disinfectant.

Sold in quart bottles only, by druggists and high-class grocers. An illustrated booklet with valuable sanitary hints mailed free.

Address HENRY B. PLATT, 42 Cliff Street, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhœa, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."

Special to NEW HOUSEKEEPERS



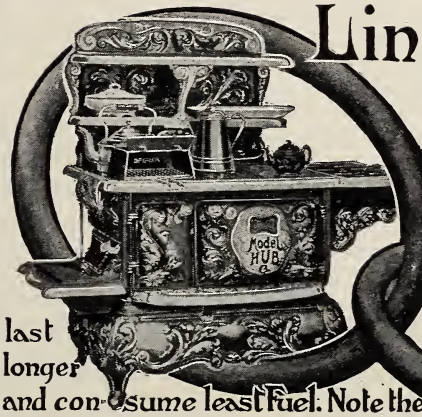
New Silverware, a token of esteem to new housekeepers, should be a life-long delight; begin right and the problem is easy.

ELECTRO *Silver Polish* SILICON

restores the beautiful brilliancy without mar or mark and keeps new silver always new—in brilliancy.

That you may begin right, we make a special offer to new housekeepers that will interest you. For particulars simply send your address by postal to

"SILICON," 30 Cliff Street, New York.



Linked to the Best Range *is the word* "HUB"

This is the name that means past success, present security, future assurance. "HUB" Ranges have more important improvements than any other; cook better; last longer and consume least fuel. Note the new "Broiler Hood" used in connection with the "HUB" French Sectional Top, found only on "HUB Ranges". There is evidence of "HUB" superiority.

HUB

AT ALL FIRST CLASS DEALERS

SMITH & ANTHONY CO.

48-54 Union Street, Boston.

Manufacturers of Cooking and Heating Apparatus of every style and description

Insects and Infection

TO prevent infections reaching the human body through the medium of insects means that they shall be exterminated or else shut away from the body itself, also from food and water. Scientific sanitary investigation has proved that, to get rid of flies and mosquitoes, the breeding-places of these insects must be destroyed. Flies breed in stable manure piles, barnyards, and wherever there are masses of filth. Mosquitoes breed in marshes and swamps, old rain barrels, eave-troughs, and wherever there is stagnant water impregnated with decaying organic matter.

The sanitary lesson for the home-maker to learn is to avoid the marshes and drain them before building, and keep free from all pools of stagnant water, great or small, on the premises, and keep the stables and barnyards free from fermenting masses of decaying organic matter.

To keep these insect pests out of the house, it should, if possible, be so planned that the prevailing winds will not blow from the stables, barnyard, or any marshes in the vicinity toward it, and then in summer use wire screens on every door and window, as well as enclose the porches around the house. Italian physicians, experimenting in the Pontine marshes to discover the cause of Roman fever, found the peasants, living side by side in ordinary canvas and in tight screen-protected tents, contracted this disease in the unprotected tents where mosquitoes had free access, and escaped infection in the screen-protected, where they were excluded. A nicely screened, shaded, cool back porch is a sanitary blessing to the over-tired farmer's wife. There she can prepare a great part of her food and have a comfortable couch to rest on, free from insect and annoyance. The children can play there, and thus keep out of the kitchen heat and at the same time avoid noxious insect infection. The screens are within reach of every American householder.—*Dr. Kate Lindsay.*

Housekeeping a Profession

Housekeeping ranks among the professions as truly as any other occupation. It is more than a trade, since one who works at a trade performs each day the task assigned, the work being planned and directed by another. Thus little of the worker's energy is expended in deciding his activities. It is the *director* who must possess and exercise the power to guide, his work being to initiate, plan, and direct. This requires larger ca-



The Velvet Grip

CLASP TOP STYLE

For attaching to lower edge of Corset.
Quickly adjusted or removed.

HOSE SUPPORTER

OF YOUR DEALER
Or sample pair on receipt of price.
Mercerized, 25 cents. Silk, 50 cents.

EVERY PAIR WARRANTED

CUSHION BUTTON

THE NAME is stamped on every loop.



GEORGE FROST COMPANY, Makers, Boston, Mass., U.S.A.

Lea & Perrins' Sauce

THE ORIGINAL WORCESTERSHIRE



The Peerless Seasoning

Rare piquancy is given to Chafing Dish cooking by using

LEA & PERRINS' SAUCE

The Original and Genuine Worcestershire

has never been successfully imitated. Lea & Perrins' Sauce was in universal use a generation before any other so-called Worcestershire was ever heard of. There is no other like it. It is First and Best.

CAUTION.—The popularity of Lea & Perrins' Sauce has induced many manufacturers to attempt to market worthless imitations.

John Duncan's Sons, Agents, New York.

SYLMAR OLIVE OIL

DIRECT FROM THE RANCH IN **CALIFORNIA**

Sylmar Olive Oil was awarded the Grand Prize (highest award) at the St. Louis World's Fair in competition with all other olive oils. It is the natural oil of olives, to which nothing has been added, nor anything taken away. Guaranteed pure. It will keep longer than any other oil without turning rancid. We own the ranch, the trees, and the mill. We produce this oil under the most favorable conditions from the finest ripe olives grown.

Sylmar Olive Oil retains all the rich, fruity flavor of ripe California olives, and is most palatable. Sylmar Olive Oil is absolutely the finest article of its kind that can be produced, and can be purchased with the confidence that every bottle will stand the most rigid chemical analysis and be proven absolutely free from adulterants.

$3.00

EXPRESS PREPAID



Natural Oil of Olives Perfected from "Blossom to Bottle" on the Largest Olive Ranch in the World.

Send postoffice or express money order for $3.00 for three quart-size bottles, and we will deliver them to you express prepaid. Give your grocer's or druggist's name, and we will offer him the agency.

We publish a booklet containing physicians' directions for medicinal uses of olive oil, cooking receipts, government recommendations, descriptions of our process, and directions for detecting adulterants in olive oil. We will send this booklet and a sample bottle of the oil to any address for 10c. postage.

Two tablespoonfuls of Sylmar Olive Oil contribute more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs. The body is a machine which must be lubricated in order to run smoothly and be vigorous. Eat natural olive oil freely and pay the doctor less.

Los Angeles Olive Growers' Ass'n, 314 Bradbury Bldg., Los Angeles, Cal.



WHITE HOUSE COFFEE



comes very, very close to the affections of the Ladies of the land. It's a substantial support and solace for the strenuous days of household drudgery; a panacea for the fatigues of society; a dainty delight in the privacy of the boudoir. It's wholesome and healthful and vivifying. WHITE HOUSE COFFEE IS TRULY THE VERY FINEST COFFEE THE WORLD PROVIDES.

DWINELL-WRIGHT CO.
Principal Coffee Roasters
Boston and Chicago

Exquisite Desserts
and
Delicious Ice Cream
made with
Junket Tablets

We mail postpaid ten tablets to make ten quarts for 10 cents and give you the charming Brochure "Junket Dainties" free.

Chr. Hansen's Laboratory,
Box 2507. Little Falls, N.Y.

pacity and ability than is required of the one who merely practises a trade.

It is the work of the housewife to initiate, plan, and direct the business of the house. The woman who considers this work as the opportunity to assist in sharing the responsibilities of the wage-earner and in developing the powers of those making up the family has grasped the truth concerning the possibilities of her work.

There should be no more question as to the need of education and training for the woman who *selects* the food, clothing, and works of art which minister to the highest welfare of a family, than there is for the need of study on the part of the farmer, the manufacturer, or the artist who produces them.

Everywhere training is showing its benefits in the greater efficiency and skill of those who take advantage of it. Women will never be able to spend money so as to bring adequate results until they have in some way acquired a broad training in the estimation of values. The word of the salesman is a poor guide, yet one who has had no training to aid her is unable to select for herself any more satisfactorily. Houses which are turned over to "experts" are usually striking witnesses of abundant expenditure, but pitiably fail to convey to eye or heart the refreshing individuality or the satisfaction to be realized in the cultivated woman's home.—*Bertha M. Terrill.*

"Are you hungry?" "Yes, Siam." "Well, come along. I'll Fiji."—*National Geographical Magazine.*

"Well, Freddie," said grandma, who had just arrived for a month's visit, "I suppose your father was greatly surprised to get my telegram saying I was coming?"

"Yes; but his surprise was not as great as mother's."

"At the glad news, I suppose?"

"No, grandma, but at papa's language."—*New England Grocer.*

The Breakfast Bell



EVERY housewife knows it to be her duty to serve to her family foods which not only tempt the palate, but contain the maximum of healthful nutrition; but such foods are hard to find. ¶ In your home, as it is in hundreds of thousands of others,

Shredded Whole Wheat Biscuit

should be the prime attraction on the breakfast table — and at other meals. If you use it regularly, you will find that the calls to meals are answered with more promptness and a keener zest. You will find that nearly everybody likes Shredded Wheat Biscuit, and that it is the most healthful, strength-giving food you can serve. This is because it is made from the whole wheat berry, in which Nature has provided, in concentrated form, everything essential to sustain human life,— everything necessary for building strong bones and teeth, as well as muscle, tissue, and brain. Always serve as directed, with milk, cream, seasonable fruits, and vegetables. ¶ **Triscuit,** the whole wheat cracker, takes the place of bread. It is best for toast and splendid with butter, cheese, or preserves. ¶ Write us for *"The Vital Question Cook Book."*



THE NATURAL FOOD COMPANY

Niagara Falls, New York

We Drink
OLD GRIST MILL
WHEAT COFFEE
Because it tastes good
and it
Makes us Strong.
Why don't you try it?





UNDERWOOD'S
ORIGINAL
DEVILED HAM

In **camp, picnic,** or **home,** it will be found not only pure, but delicious and satisfying. Made only of pure spices and sugar-cured ham. There is but *one* deviled ham — Underwood's Red Devil Brand. All others are imitations, but imitations in name only, no more like Underwood's than chalk is like cheese. *Send for book of 43 prize receipts.*

WM. UNDERWOOD CO., BOSTON, MASS.

Living on $1.27 a Week

Hugh Sutherland and A. C. Payne, two lads who had to "work their way" through Wabash College at Crawfordsville, Ind., solved the question of a "simple life." The necessity for adopting a cheap but nutritious diet led them into by-paths of dietetic knowledge of which they had not dreamed. They discarded meat entirely, using pecan nuts, which they purchased in the form of butter at 35 cents a pound. They also avoided white-flour products, eating largely of whole-wheat foods, rolled oats, milk, oysters, vegetables, eggs, and fruits. They gave their expenditures for the week beginning Wednesday, October 14, as follows:—

Wednesday. Shredded wheat, 11 cents; milk, 15 cents.

Thursday. Bread, 25 cents; butter, 25 cents.

Friday. Bananas, 5 cents.

Saturday. Shredded wheat, 11 cents; blackberries, 15 cents.

Sunday. Milk, 10 cents; oysters, 10 cents.

Monday. Fish, 10 cents.

Tuesday. Shredded wheat, 11 cents.

Total. For the week, $1.48,—actual expense for food.

The average weekly expenditure for food for the entire college year was $1.27. And these young men not only made a high average in their studies, but took an active part in outdoor athletics, one of them being left guard on the 'varsity football team. Their daily programme also called for physical exercise morning and evening, and a cold bath in the morning. Under such a régime their health was perfect.

A mint cherry, rich green in color and piquant to the taste, is added to vanilla ice-cream, greatly improving that simple ice. Mint cherries are becoming even more popular than maraschino fruit.

Nicelle Olive Oil



Made and bottled in Nice, France. The purest type of

OLIVE OIL

producible, for the tables of those who discriminate.

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SEVILLE PACKING CO.,
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MADE THIS IN TEN MINUTES



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You can make and freeze it yourself in 10 minutes with **JELL-O ICE CREAM Powder.** Everything but the ice in the package. No heating, no fussing, no trouble. Simply stir the contents of one package into a quart of milk and freeze. That's all. This makes 2 quarts of the best Ice Cream in the world. Costs about 1c. per plate. Approved by pure Food Commissioners. Highest Award at St. Louis Exposition. If your grocer can't supply you, send us his name and 25c. for two packages, enough for a gallon.

Four kinds: Vanilla, Chocolate, Strawberry, and Unflavored.

Send for new illustrated recipe book just issued, Free

THE GENESEE PURE FOOD CO., Le Roy, N.Y.

FLEISCHMANN'S COMPRESSED YEAST HAS NO EQUAL

Strawberry Plants

During July and August the seedsmen offer, at rather high prices, pot-grown strawberry plants, which with good care will yield fruit the following season. If one has available a few small pots, it will be worth while to try growing some of these plants in the strawberry bed. Insert the pot into the soil directly under a promising new plant which is just ready to root, and leave it there until a good root development has taken place. It will probably be worth while to pinch off any runners which should start from the young plant, in order that it may develop all the strength possible for itself. It is a simple matter to transplant such strawberries at any time after they are well rooted, by taking it out of the pot and firming it in the soil in its new location.

How Sylmar Olive Oil is Made

The olives of which oil is to be made are allowed to remain upon the tree until nearly ripe, as the percentage of oil increases very rapidly during the last few weeks. The olives are picked and placed in boxes, which are immediately carted to the mill located at one side of the orchard.

The olives at Sylmar ranch are perfectly clean, and shine as though they had been polished.

All of the operations in the Sylmar factory are carried on with the utmost regard to cleanliness, and during the harvest season hundreds of people visit the factory and watch the work.

Two hundred hands are necessary to pick the crop and the work consumes several weeks. While this is in progress, the scene at Sylmar resembles in some features an Eastern hop-picking. A half-mile of tents shelter the pickers at night.

The grinding machine is a special machine that crushes the olives into pulp.



This is little Elizabeth Brock of Macon, Mo. raised on **Mellin's Food** from birth and noted everywhere for her sunny disposition and perfect health.

Mellin's Food will make milk agree with <u>your</u> baby, and he will keep perfectly well all Summer long.

You can even travel with your baby, if you want to, and change the milk supply without risk, if you use **Mellin's Food** to prepare the milk.

SEND TO-DAY FOR A FREE SAMPLE OF MELLIN'S FOOD AND TRY IT.

MELLIN'S FOOD COMPANY, BOSTON, MASS.

Quilted Table Padding

is much better than the antiquated woven stuff.

There are several reasons why.

It can be washed, others cannot.

It does not cover diners' clothing with lint or fuzz.

It does not stick to the table when hot plates are laid on it.

It wears twice as long as any other.

These are the "whys" that have made it almost universal.

ALL DRY GOODS DEALERS SELL IT.

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15 Laight Street, New York.



SOMETHING ABOUT

SEWING MACHINES

To interest every woman who can use one

OUR SELLING PLAN

TO ATTRACT your attention now, at the opening of the enterprise we propose to offer 150 machines, such as sell generally from $47.00 to $65.00 each, at **$32.00 with choice of other styles at other prices.**

Not only will we make this signally low figure, but we will make unusually favorable terms. For instance, when the machine is bought, as low as **$2.00 may be paid, and the machine delivered as promptly as if the entire amount was paid cash.** Then $1.00 each week will be due until the balance is paid. Write for further particulars and samples of work.

The SHEPARD-NORWELL COMPANY, BOSTON

The crushed olives go directly to the hydraulic presses. The oil and the water of the olives flow out of the press together, but the oil quickly rises and is transferred to settling tanks.

All that is left to do is to extract every atom of foreign matter from the oil. This is done by filtering. During this work the oil is guarded carefully against contamination, either from the vessels with which it comes in contact or from the atmosphere.

After the filtering and ageing comes the bottling. This is done in the same conscientious manner at our own factory. We are thus able to watch every step of the process, and are therefore assured that our oil reaches you in its native purity.

Gone Below

Bishop Peck of the Methodist Church was a large man, weighing over three hundred and fifty pounds. While on a tour, and stopping at the residence of a presiding elder, the bishop turned over in his bed, and the entire furniture collapsed, dropping him to the floor with a tremendous thud. The presiding elder rushed upstairs, calling, "What is the matter, bishop?" Is there anything I can do for you?" "Nothing is the matter," answered the bishop; "but, if I don't answer the call for breakfast, tell your wife to look for me in the cellar."

Archie was on his first sea voyage. Pale, limp, and ready to die, he lay groaning in his bunk. "Charlie," he said feebly, "a fellow ought to be doosid thankful he isn't a camel." "Why?" asked Charlie. "Because a camel has got seven stomachs, don't y' know?"



DAINTY HOUSEKEEPERS PREFER

DIXON'S

STOVE POLISH.

Joseph Dixon Crucible Co mpany, Jersey City, N. J

A good salad is the most gracious part of a good dinner,
but a good salad is improved by

Brownsville Water Crackers

"The Cracker that has Brownsville on it."

Have them in the house. They are the most dainty, the most aristocratic and the most serviceable crackers you can get. They are good to look at and good to eat.

The famous old recipe by which Brownsville Water Crackers are made, has been kept in one family for fifty-five years, and they are making these crackers to-day.

See if your grocer will not serve you regularly.

CHATLAND & LENHART
Brownsville, Pa.

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Acker, Merrall & Condit Co., New York.
The Joseph R. Peebles' Sons Co., Cincinnati.
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If you cannot buy these crackers of any grocer that you can reach easily, we will send ten pounds for $1.50 express prepaid, or two pounds for 50 cents express prepaid.



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In every woman's head continually is the source of her domestic joys and trials—the kitchen range. The housekeeper who daily uses, sees and comprehends a **Magee Range** knows that the best results, with the least trouble and at the smallest expense, are always the reward of her labors.

Illustrated Booklet, "The Magee Reputation," sent FREE.

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Makers of the celebrated "**Magee**" Furnaces, Ranges and Stoves,
Steam and Hot Water Heaters.

The Highly Concentrated Disinfecting Spring Cleaner

CABOT'S Sulpho-Napthol TRADE MARK LIQUID CLEANLINESS.

has come to be a necessity at this time of the year. Destroys all disease germs, corrects all unsanitary conditions, makes wholesome all unwholesome places, purifies the air of noxious odors.

THOUSANDS OF HOMES ARE CLEANED WITH IT EVERY SPRING.

Safeguard your home by using it liberally the next few months. At all dealers, 10c., 25c., 50c., $1 00.

Look for above trade-mark on all packages.

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of articles needed in every home. "No-burn" wire Kettle Bottom, prevents potatoes, meat, vegetables, from burning, ***24c.*** "Helping Hand," just the thing to lift corn, potatoes, etc., out of boiling water, can't burn fingers, ***19c.*** Fruit Funnel, indispensable at canning time, ***13c.*** Measuring Cup, standard measure, marked to 1-3, 1-2, 1-4 cup, etc., ***12c.*** Sure Death Fly Killer, kills bugs, roaches, insects, etc., ***12c.*** Acme Can't Slip Spoon, just the thing preserving time, ***19c.*** Perfect Pie Lifter, ***19c.*** Miller Fruit Jar Holder, lifts hot fruit jars without danger of burning hands, ***19c.*** Handy Knob for lids of teapots, drawers, teakettles, etc., ***6c.*** Any article mentioned sent postpaid upon receipt of price, or entire outfit (total value, ***$1.43***) sent postpaid for **$1.00.** Our big bargain catalogue FREE. **This offer for a limited time only.** Send now.

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Cake Free Rosettes

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Rosette Irons, with full directions, 50c.; postage, 20c.

These cakes and irons are displayed in all leading house-furnishing, department, and hardware stores.

A sample cake will be sent free with every order.

Lady agents wanted.

ADDRESS

ALFRED ANDRESEN & COMPANY

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Chayote

The United States custom authorities recently forwarded to the culinary department of the Bellevue-Stratford, Philadelphia, for test and inspection, a vegetable known as "chayote," which is new to this country, but which grows wild in Porto Rico.

The root (the edible part) of chayote has the shape and size of a red beet, and is as delicate in flavor as the finest Teltower Ruebchen. When prepared à la vinaigrette, it makes a splendid salad, and in this form has since its introduction won great favor among the patrons of Philadelphia's big hotel.

Let us have faith that makes might, and in that faith let us to the end dare to do our duty as we understand it.—*Abraham Lincoln.*

Proper Dilution

To avoid waste and insure best results, the following dilutions of "Platt's Chlorides" may be relied upon:—

For disinfecting closets, etc., dilute with 4 parts water.
For sprinkling floors, etc., " " 10 " "
For moistening clothes, etc., " " 10 " "

"Platt's Chlorides" is an odorless, colorless solution of the metallic chlorides that have proven most reliable and safe for sick-room and household use. It is put up in quart bottles covered with a distinctive yellow wrapper, bearing explicit directions for its use.

It is manufactured by Henry B. Platt at New York and Montreal.

These trade-mark crisscross lines on every package.

GLUTEN FLOUR For DYSPEPSIA.

SPECIAL DIABETIC FLOUR.

K. C. WHOLE WHEAT FLOUR.

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THE BUSINESS AGENCY

THE BOSTON COOKING SCHOOL MAGAZINE

OF CULINARY SCIENCE & DOMESTIC ECONOMICS

Vol. X. OCTOBER, 1905 No. 3



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yright, 1905, by the Boston Cooking-School Magazine

Entered at Boston Post-office as second-class matter

RUMFORD BAKING POWDER



The Wholesome Baking Powder

Is not only endorsed by the most eminent physicians for its Wholesomeness and Purity, but receives the highest commendation of our best housekepeers for the light, delicate food it produces, for its superior strength and keeping quality.

Menus for Occasions in October

A dinner with friendliness is the best of all friendly meetings,—a pompous entertainment, where no love is, the least satisfactory.—*Thackeray.*

Dinner

Lettuce Leaves, Genoese Fashion.
Consommé with Flageolet and Fillets of Chestnuts.
Olives.
Fried Smelts, Log Cabin Fashion, Sauce Tartare.
Baked and Glazed Sweetbreads, Jardinière, Bernaise Sauce.
Braised Partridges, Madeira Sauce.
Buttered Brussels Sprouts.
Tomatoes, Poinsetta Style.
Peach Parfait. Almond Wafers or Macaroons.
Tiny Cheese Soufflé. Celery. Pulled Bread. Black Coffee.

Luncheon

Melons. Cream-of-Cauliflower Soup.
Oysters in Brown Sauce in Swedish Timbale Cases.
Sweetbreads, Doria Style. Fried Lamb Chops, Breaded. Mint Jelly.
French Fried Potatoes. Pineapple-and-Celery Salad.
Golden Parfait. Nut Meringues. Coffee.

Wedding Reception

I.

Medallions of Tongue and Chicken Breast.
Aspic Jelly. Celery Salad.
Salad Rolls. Tiny Baking-powder Biscuit.
Olives. Gherkins.
Assorted Cakes. Grape Parfait. Ginger Ice-cream.
Fruit Punch. Hot Coffee.

II.

Cold Roast Chicken, Sliced Thin. Oyster-and-Celery Salad.
Nut Sandwiches. Yeast Rolls.
Peach Bombe Glacé. Angel Cake. Fruit Punch.

III.

Creamed Fish in Paper Cases. Chicken Salad.
Tiny Yeast Biscuit. Sandwiches. Olives. Gherkins.
Bride's Cake. Wafers. Peach Ice-cream. Fruit Punch.

Halloween Supper

I.

Frankfurters. Potato Salad. Deviled Ham Sandwiches.
Rye Bread with Anise Seed. Smearkase.
Baked Apples. Doughnuts. Cider.

II.

Fried Oysters. Liverwurst.
Nut-and-Cabbage Salad in Cabbage Shell.
Brown Bread, Cheese-and-Olive Sandwiches.
Small Savarins, with Whipped Cream.
Cider. Hot Coffee.

III.

Deviled Ham Sandwiches.
Hot Coffee.
Popcorn. Apples. Nuts. Cider.



The Fireplace in the Dining-room at the Woman's Century Club Pavilion. See page 123

The

Boston Cooking-School Magazine

VOL. X. OCTOBER No. 3.



A Cozy Window Seat in the Dining-room

Welfare Work for Employees at the National Cash Register Company

WELFARE work may be defined as the co-operation of employer and employees for mutual benefit; and in this work the National Cash Register Company of Dayton, Ohio, ranks among the pioneers. It began such work eleven years ago.

Welfare work for employees, such as clean, bright, well-ventilated buildings and pleasant surroundings, has drawn visitors from every quarter of the world. More than 40,000 people visit the factory each year.

The National Cash Register Company, in its efforts to make work safe, pleasant, and wholesome, has never claimed philanthropic motives. It has always maintained that welfare work was instituted, and has been continued, not only because it was right, but because it paid.

Welfare work is first evident in the construction of model factory build-



One of the Rest-rooms for Women Employees at National Cash Register Factory

ings. In summer open spaces and huge windows admit pure air and sunshine. In winter a system of ventilation changes the air in the work-rooms every fifteen minutes, and keeps the temperature uniform. A high standard of cleanliness is maintained by a force of seventy-seven janitors.

Bath-rooms, fitted with tubs and shower appliances, are free to all employees, the company supplying soap and towels. Once a week in winter and twice in summer the employees are allowed to take a bath on the company's time. High-back chairs with foot-rests, clean aprons, and sleeves to protect their dresses, are supplied by the company to all women employees.

Rest-rooms are maintained near all the departments in which women work. A physician is within call, and two trained nurses are always on duty at the factory, to care for those who become fatigued or ill.

Every person entering the employ of the company must undergo physical examination. After employees are accepted, every means is taken to keep them healthy.

Lunch is served to the six hundred women employees at the nominal cost of 25 cents per week. Following is a copy of a menu for one week:—

Monday.

Bean Soup.
Potatoes au Brian.
Stewed Corn. Bread and Butter.
Coffee, Milk, or Postum Cereal.

Tuesday.

Boiled Beef with Horseradish Sauce.
Boiled Potatoes. Spring Onions.
Bread and Butter. Cocoa or Coffee.

Wednesday.

Vegetable Soup.
Queen Olives. Meat Dressing.
Boiled Potatoes. Bread and Butter.
Coffee, Milk, or Postum Cereal.



Back-yards on K Street, after Planting

Thursday.

Roast Veal with Dressing.
Mashed Potatoes. Rhubarb Shortcake.
Bread and Butter.
Coffee, Milk, or Postum Cereal.

Friday.

Cream of Rice.
Spaghetti with Cheese. Stewed Potatoes.
Grape-nuts. Bananas. Bread and Butter.
Coffee, Milk, or Postum Cereal.

The idea of establishing a dining-room occurred to President Patterson on a trip of inspection through the factory, when he observed a woman heating coffee for her lunch in a can on one of the steam radiators. Beginning with two gas stoves, the idea has grown until it has taken perfect form in the commodious Welfare Hall, where lunch is served not only to the six hundred women employees, but also to the men of the factory.

In May, 1905, an order was issued by the company for the construction of Welfare Hall, which by the original plan was to have been 268 feet in length, the work to be done entirely by workmen then in the employ of the company, and to be completed in five weeks.

After the building was well under way, it was decided to increase the length to 368 feet, without, however, extending the time allowed for its construction. So systematically was the work done that in five weeks from the day on which the order for construction was issued, the hall was ready for occupancy, and the following menu was served to the employees: —

Menu

Vegetable Soup with Rice.
Radishes.
Fried Spring Chicken with Cream Sauce.
New String Beans. Mashed Potatoes.
Neapolitan Ice-cream.
Assorted Cakes.
Malted Rolls. Coffee with Cream.



A Cooking Class at National Cash Register

The noon recess of one hour and twenty minutes is a time of special interest to the visitor. Groups of young women are gathered about the piano or perhaps engaged in dancing; while in parts of the spacious dining-room or rest-rooms may be seen others chatting over their embroidery or enjoying a stroll. One more diligent than the others may perhaps be found at the sewing-machine provided for their use; while the library, where files of newspapers, magazines, and books are always available, attracts many.

Cooking Classes

Classes in cooking, marketing, and household economics are a feature of the welfare work during the winter, two hundred and ninety young women being enrolled in two classes. A proficient teacher of domestic science is engaged to demonstrate the best methods of preparing nourishing and inexpensive meals. At the close of each course members of the class contribute to the annual cooking class display or contest, each bringing articles of food prepared by herself, for which prizes are offered. Following is a list of the prizes awarded at the annual contest of April, 1905:—

First Prize. Chafing-dish Outfit.

Second Prize. Hand-painted Baking-dish.

Third Prize. China Fish Set (platter and six plates).

Fourth Prize. Carving Set.

Fifth Prize. Covered Roasting-pan.

Dancing Classes

Dancing classes are held two evenings a week during the winter. In summer President Patterson invites the members of the different departments to give picnic dances at Far Hills, his beautiful country home. On Saturday afternoons two classes, composed exclusively of children of the National Cash Register neighborhood, are taught dancing and deportment.



A Corner in the Dining-room, Woman's Century Club House

Landscape Gardening

Besides providing for the physical comfort and intellectual improvement of its employees, the National Cash Register has also turned its attention to the betterment of their surroundings. Ten years ago the neighborhood was dreary and unattractive. The transformation to its present appearance was brought about through the introduction of landscape gardening, with results as shown by the accompanying photographs.

Some Results of Welfare Work

The opportunities for self-improvement afforded by the company led up to the organization of the Woman's Century Club, which has a membership of six hundred. It is a literary club, and is affiliated not only with the State, but with the National Federation of Women's Clubs.

It publishes in the interest of the working-women of the world a quarterly magazine called *Woman's Welfare*, which, because of its large circulation, has done much to induce other employers throughout the world to adopt National Cash Register methods of making more pleasant the working hours of their people.

Woman's Century Club-house

On April 11, 1904, the club decided to rent and furnish a club-house which would serve as a home for members who have no relatives in Dayton.

It was inspiring to see the enthusiasm with which the whole club cooperated in getting the house ready for occupancy. A number of girls volunteered to remain after working hours to make comforts, hem sheets, towels, sash curtains, and the other household linens necessary.

One department fitted up a room. Another department supplied three dozen teaspoons and two dozen napkins. All have done their share in one way or another.

The house was opened April 25, completely furnished, and with ten girls as lodgers. They pay $2.75 each, if two occupy one room, and $3.50 per week, if one occupies a room alone.



"Rubicon," the Home of the Woman's Century Club

Club members who live in the vicinity are allowed to take their meals at the home. Single meals can be arranged for at any time by consulting the matron. The club has assumed the responsibility of paying the matron's salary. The income from rooms and meals will cover all other running expenses.

Rubicon

It soon became evident from the demand for rooms that more commodious quarters must be provided. After a residence of six months in their first home the old Patterson homestead was leased by the club to meet such a demand. This old colonial home, surrounded by seventeen acres, is known as Rubicon. It was named by Mr. Patterson's grandfather.

Men's Welfare Work League

Welfare work is also carried on by the company for the benefit of its male employees, who in turn have organized themselves into a league known as the Men's Welfare Work League.

This organization is independent in its actions, is in no way interfered with by the company, and is presided over by an executive board selected from among the factory employees.

One of the objects of this organization is the encouragement of domestic science and manual training in the public schools. An example along this line was the recent equipping of a neighborhood school with an entire cooking outfit for twenty-four pupils, thus affording training in domestic science for the girls of the seventh and eighth grades.

This organization has also installed a children's model playground, an outdoor gymnasium, and free public baths; and it maintains classes in clay modelling, wood-carving, freehand drawing, and basketry.

It also publishes a weekly paper, in

the interest of its work, with a circulation of forty-two hundred, and takes an active interest in the municipal affairs of the city, such as correcting existing nuisances detrimental to the public health, encouraging civic improvement and advanced educational ideas.

The Men's Welfare Work League has a membership of twenty-five hundred, and has been doing effective work during the twenty months of its organization.

How not to be Poor

By Mrs. Charles Norman

THERE is a common belief among Swiss people that all Americans are wealthy, the reason for this opinion being that American travelers throw their money to the four winds.

"Ah," said an old man, who understood their ways, "they no come to little hotels. They be Americano. They have Hotel Splendid and large music when they eat."

Now "large music" may be a fortunate accompaniment to a meal, but the "Americano" is not always rich; and he who lives luxuriously in Switzerland must sometimes settle down to poor folk's ways when he gets home. And he has, unfortunately, learned nothing at the Hotel Splendid to help him along his weary road.

He comes back to his native country,—a land flowing with milk and honey,—where, if he would, he might get rich. He leaves rugged, mountain-oppressed Switzerland, where, to gain a meagre living, a man must conquer unconquerable Nature; yet he leaves a people better off than those to whom he returns.

As regards natural wealth, Switzerland is one of the poorest countries in Europe; yet its private citizens are well-to-do. It is true large fortunes are rare, but poverty is almost unknown; and the much-talked-of simple life—the genuine simple life—is actually lived by a good many people. It is not seen in the Hotel Splendid.

For centuries back the Swiss people have been influenced by a natural environment which is almost overwhelming in its grandeur. In the way of making a living, almost everything has been against them. Avalanches, landslides, winds, floods, and forest fires,—an unceasing battle has been fought with these foes.

Instead of fertile fields the farms are, for the most part, mountain sides, not adapted in their native states to earning anything. Under certain conditions the cultivation of grapes is remunerative, but the dangers and hardships of the labor are little known. Most of the vineyards need irrigation, and, to effect this, a wooden conduit must be built, to distribute the muddy waters of the glaciers. To construct these conduits up mountain slopes and across mountain streams is extremely perilous, as an avalanche may sweep away work and workmen. Indeed, the likelihood of accident is so great that the work is not often undertaken, unless a priest is present to administer the sacrament.

These conduits, the terraced hillsides, walled with rock, and the public roads bespeak the indomitable will of the people. Labor which in this coun-

try would only be undertaken by a stock company, is there assumed by an individual. A stupendous wall has often to be built, to protect a single home from landslide or avalanche. In the twinkling of an eye the work of years is brought to naught, and the toiler must calmly begin again.

Constant watchfulness, attentions to details, become habitual, and, like the tortoise in the race, the workman proves a winner; while we headlong Americans, with all our wealth and advantages, must confess, too often, the failure of our finances.

As usual, the difficulties all resolve themselves into matters of detail. It is by small economies, by daily thrift and constant care, that these people, whom Nature would keep poor, are mastering this money question.

"Finances!" said Napoleon. "Get your principles right, and the finances will take care of themselves." And I know a woman, as successful in her own home as Napoleon was in his army, who said one day as she manufactured a certain kitchen utensil: "Indeed, I shan't buy one. What's the use of having a head, if I cannot get along without money?"

The women of Switzerland know how to help themselves. They can use not only their brains, but their hands also. They have an existence quite as important to the family finances as have the men. There is not one way, but many ways, in which a Swiss woman may make a dollar, and yet remain at home; and there are hundreds of ways by which she can save a dollar. Embroidery is not all done by machinery, but the most tasteful and original designs come often from peasants. Lace-making is also a practised art, and the beautiful scarfs which adorn the heads of the women show that they have not lost their interest in personal adornment. Sometimes toil-marked hands, by no means dainty, are engaged upon the most delicate and exquisite piece of lace. Wood-carving, even parts of watch-making, are done at home.

Except in the cities each family has a garden; and it is a field of labor quite adapted to men, women, and children, and a most wholesome and remunerative field it is. All the workers have proper pride in their own special products. The men are often obliged to do the more arduous work, such as taking the cows up the mountains for pasture. They must also cut down the trees and make ready the fuel for the long winter. That this task is not neglected is evinced by the goodly stock of wood which each house has under its eaves.

Garden work is thus left largely to women and children; and all the family spend part of the year in the fragrant, wonderful outdoors. The garden, too, is a place of loveliness, having flowers, vines, and trees, besides its vegetables and grain. Even the poorest families have these restful garden spots, and a few flowers in the window casements, to relieve an otherwise dismal home.

It is common for each country family to raise enough hay for its own cattle, wheat and barley enough for bread, and flax enough for clothing. Then there is always an abundant supply of vegetables, for the storing of which is a spacious room under the dwelling. To one home belong a few sheep, to another a few goats; and it is a picturesque sight to see a sweet miss conducting her little flock to pasture.

Not much meat is eaten. The chief foods are milk, delightful cream, and good cheese. One palatable and popular dish is made of cheese curds stewed in cream, and then baked with a little butter.

About the kitchen is a fine stock of shining brass cooking utensils; for, if

the Swiss housewife has a weakness, it is for such possessions. They are not in a pantry, but hang on the kitchen walls in glittering array.

Every home has a few nut-bearing trees and some fruit. Besides there are fruit-trees along all the highways. In America, sad to say, such trees would be of no consequence, as the fruit would certainly be picked by idle children before it was ripe. Indeed, we are often compelled to pluck prematurely fruit growing on our own premises. "I must either eat green cherries or never taste one," said one of my neighbors last year. I doubt if such a case ever exists in Switzerland, as it seems to be inculcated in every child's brain that unripe fruit is absolutely unfit for use, and, furthermore, that wilful waste makes woful want.

There is not, so far as I could discover, a vestige of waste among these people. Refuse from barns, poultry-houses, and pig-pens, is carefully saved and applied where it will do most good. Wood ashes are fine for grapevines. Vines that are pruned away serve for ropes. Branches from thorn-trees make barbed fences. Slender twigs, too small for the cook-stove, are woven with cord to make window-shades and awnings. Mulberry leaves feed the silkworms. The forests are carefully tended, and the trees are given, not only a chance for light and air, but are also protected from worms.

There seems to be a general sympathy with nature. A man feels with his trees, and suffers when they are thirsty. This may arise from reasons other than humane, for the Swiss know the full sum of their indebtedness to the forest. It shields them from extremes of heat and cold, interrupts landslide and avalanche, prevents the washing away of the top soil, preserves the moisture in adjacent fields, and provides a permanent supply of wood for building and for fuel.

Yet, whatever the original motive, the people have come close to nature; and the contact has made them contemplative, slow-going, and rational. It is a hard life I have pictured, but it need not be half so hard in America as in Switzerland. It is a hard life, but it does not end in disaster and despair. The people do not grumble, they do not harass themselves with desire for inane and meaningless possessions, and they have not lost the power to think beautiful thoughts.

The Child's Smile

By Jane Dramfield Stone

There passed a child,
And smiled at me,
A stranger child,
Unknown to me.

A smile like this
Across dull space
Is like a kiss
Upon the face.

The spirit small
In child's heart curled
Is spirit all
Upon the world.

It makes one feel
All are akin.
Tis love's appeal,
And love will win.

The spirit vast
Upon the world
Is yet held fast,
In child's heart curled.

try would only be undertaken by a stock company, is there assumed by an individual. A stupendous wall has often to be built, to protect a single home from landslide or avalanche. In the twinkling of an eye the work of years is brought to naught, and the toiler must calmly begin again.

Constant watchfulness, attentions to details, become habitual, and, like the tortoise in the race, the workman proves a winner; while we headlong Americans, with all our wealth and advantages, must confess, too often, the failure of our finances.

As usual, the difficulties all resolve themselves into matters of detail. It is by small economies, by daily thrift and constant care, that these people, whom Nature would keep poor, are mastering this money question.

"Finances!" said Napoleon. "Get your principles right, and the finances will take care of themselves." And I know a woman, as successful in her own home as Napoleon was in his army, who said one day as she manufactured a certain kitchen utensil: "Indeed, I shan't buy one. What's the use of having a head, if I cannot get along without money?"

The women of Switzerland know how to help themselves. They can use not only their brains, but their hands also. They have an existence quite as important to the family finances as have the men. There is not one way, but many ways, in which a Swiss woman may make a dollar, and yet remain at home; and there are hundreds of ways by which she can save a dollar. Embroidery is not all done by machinery, but the most tasteful and original designs come often from peasants. Lace-making is also a practised art, and the beautiful scarfs which adorn the heads of the women show that they have not lost their interest in personal adornment. Sometimes toil-marked hands, by no means dainty, are engaged upon the most delicate and exquisite piece of lace. Wood-carving, even parts of watch-making, are done at home.

Except in the cities each family has a garden; and it is a field of labor quite adapted to men, women, and children, and a most wholesome and remunerative field it is. All the workers have proper pride in their own special products. The men are often obliged to do the more arduous work, such as taking the cows up the mountains for pasture. They must also cut down the trees and make ready the fuel for the long winter. That this task is not neglected is evinced by the goodly stock of wood which each house has under its eaves.

Garden work is thus left largely to women and children; and all the family spend part of the year in the fragrant, wonderful outdoors. The garden, too, is a place of loveliness, having flowers, vines, and trees, besides its vegetables and grain. Even the poorest families have these restful garden spots, and a few flowers in the window casements, to relieve an otherwise dismal home.

It is common for each country family to raise enough hay for its own cattle, wheat and barley enough for bread, and flax enough for clothing. Then there is always an abundant supply of vegetables, for the storing of which is a spacious room under the dwelling. To one home belong a few sheep, to another a few goats; and it is a picturesque sight to see a sweet miss conducting her little flock to pasture.

Not much meat is eaten. The chief foods are milk, delightful cream, and good cheese. One palatable and popular dish is made of cheese curds stewed in cream, and then baked with a little butter.

About the kitchen is a fine stock of shining brass cooking utensils; for, if

the Swiss housewife has a weakness, it is for such possessions. They are not in a pantry, but hang on the kitchen walls in glittering array.

Every home has a few nut-bearing trees and some fruit. Besides there are fruit-trees along all the highways. In America, sad to say, such trees would be of no consequence, as the fruit would certainly be picked by idle children before it was ripe. Indeed, we are often compelled to pluck prematurely fruit growing on our own premises. "I must either eat green cherries or never taste one," said one of my neighbors last year. I doubt if such a case ever exists in Switzerland, as it seems to be inculcated in every child's brain that unripe fruit is absolutely unfit for use, and, furthermore, that wilful waste makes woful want.

There is not, so far as I could discover, a vestige of waste among these people. Refuse from barns, poultry-houses, and pig-pens, is carefully saved and applied where it will do most good. Wood ashes are fine for grapevines. Vines that are pruned away serve for ropes. Branches from thorn-trees make barbed fences. Slender twigs, too small for the cook-stove, are woven with cord to make window-shades and awnings. Mulberry leaves feed the silkworms. The forests are carefully tended, and the trees are given, not only a chance for light and air, but are also protected from worms.

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Base of Supplies

By Kate Gannett Wells

MARK TWAIN'S humorous lament over the long distance to be traveled just for a lemon has endeared him to the heart of every housekeeper who is far away from her base of supplies.

She spends the spring in hunting for a house for the summer. She finds it at last,—piazza, plumbing, range all right, and the butcher and grocer coming every other day, alternating with each other; and she thinks all is going to be lovely. In her enthusiasm she orders more groceries of the kind she does not want, and not enough of what she ought to have on hand. Company suddenly appears, and she conceives of a rennet pudding as a dessert. Ah! she forgot to lay in any rennet, and the grocer will not come till the next day; and she cannot leave her company to walk three miles to the village to get it. So she compromises on hot biscuit and chops, only to discover that the baking-powder is out. Her friend feels tired. There is no Jamaica ginger in the house, and the village doctor lives four miles away. The refrigerator leaks, and she telephones to the nearest plumber, six miles distant; and he has gone off on an all-day job. She sends the children for some peas, and finds that the cows got at them last night, and that the ice-house was broken into, and the meats stolen. Worse than all, her husband tells her she is not equal to emergencies; and all goes criss-cross, just because she is so far from her base of supplies.

Yet, in the midst of her despair, she is grateful she is not an army far from its base of supplies. The terror of the phrase follows her through the summer. However much provision for the next day she makes, she never gets the one thing she should have done, and she never can get it till the morrow. Even in her dreams she reminds herself to get a yeast cake. Moreover, the grocer never has what she wants, though he will send to town for it, while she waits twenty-four hours. But, whatever he has or has not, he always has candy, soap, and hand lamps; and she gratefully acknowledges the potency of the three supplies.

It is just this distance from the corner grocery, and just this difficulty in forecasting all possible wants, that makes many women so tired when summer is over.

Then, perhaps, she is the only one with moderate means in a wealthy community. She looks for a hitching-post, when she drives herself to return calls, and discovers that its office has been usurped by a retinue of servants, who transmit from one to another the order to put up her horse. When the steed is brought back to the door as she leaves, she does not know enough to give the man a quarter, and wonders why he follows her down the avenue.

Then her maid becomes as snobbish as her dog, and informs her that at none of the other places does the lady interview the butcher's cart, though in town it was all right for her to go to market. She wishes she were home again in her little house in a narrow street, with butcher, grocer, plumber, next door.

Fortunate is it, therefore, with the increasing exodus from the city into the solitary places of the country, that cooking schools, departments of household arts, cook-books, and magazines have multiplied, so that every one who will can learn more or less how to be

independent of daily visits from butcher and grocer, to supply the waste of improvident management.

A little knowledge of plumbing and sanitation, such as is taught in these schools, helps mightily, when plumbers are not handy. A woman who is housekeeper must be independent of labor specialists, and be willing to work twelve hours herself at any and everything, just because those whom she employs will work but eight hours. No happy-go-lucky person can depend on intuition to take the place of training in regard to supplies. Summer is harder than winter for a housekeeper, as provisions will not keep over. The shelling of peas and the stringing of beans and the baking of berry pies takes time. Then there is a good deal of humbug about fresh eggs and cream. Here, again, comes in the benefit of cooking-school knowledge, and its pupil manages to get along with thin milk, and to cook without free use of eggs in her summer life.

Apart from the value of cooking classes, in showing one how to get the better of a poor base of supplies, their value has already begun to affect the rate of marriage. If girls, because of their new industrial status, are no longer compelled to marry for a home, men still marry to get a housekeeper. The nicer cook a girl is, the more suitors has she. Thus is it that a large proportion of household art or domestic science graduates, having made a science, a learned profession of housekeeping, know they can do their own work, and have good times besides; and more of them marry than of kindergartners, it is said. Their knowledge gives them a fascinating nonchalance; and their easy, swift skill and economical devices, with delightful results attached, make men less afraid that they cannot afford to marry.

The phrase, "base of supplies," signifies forethought, accumulation, adaptation. It meant the soup which Wellington ordered to have ready for his men in the Spanish Peninsular War. It was the fullness of the word "Mobile" which the German commander, Moltke, uttered that set going the Franco-German War. It was the want of such base that carried Florence Nightingale to the Crimean War, and which brought forth Roosevelt's Round Robin in the Cuban War. It is appreciation of the need of such base that is urging entomologists to fight against the gypsy moth, and is bringing in foreign parasites to destroy mosquitoes. From the time of Moses, it is always the old story of the seven full years in which to prepare for the seven lean ones, the moral of which we, as individual housekeepers, apply in our daily lives.

"To run a hotel," "to handle a lot of girls or men," or "to keep things going," are by-words of praise, implying energy. But energy cannot be continuously effective, unless its base of supplies is kept in good working order, with due modern improvements. We are so apt to be spasmodic instead of steady, persistent, and concentrated in our endeavors, all because we did not take time to lay in a base of supplies, before we began spending our energy upon whatever we have in hand.

When young, we are too easy and blithe to forecast the future; when middle-aged, we are in the plenitude of our powers, and believe that they will conquer age; when old, then it is we must fall back on our base of supplies. Alas if we have none! If our bank account be closed, our strength exhausted, our memory weak, and our friends few! But, if we have learned the art of making new friends, as old ones drift from us, of counting the pleasures and not the pains of life, of husbanding our faculties, remembering that, "when God shuts a door,

he opens a window," and of getting much sustenance out of scant moneys, then our base of supplies dwindles not wholly away. Like the widow's cruse, there is always enough for each day. There is never old age, where the spirit has kept its base of supplies well furnished.

Some Deep Woods Tid-bits

By Helen Campbell

THAT the tea was smoky and the bacon scorched seemed only in order after a day in which, from start to finish, all had been against them. The weather might be excepted, for that was perfect; but the day that held it was steady disappointment.

It had begun with the old half-blood woodsman, a guide of forty years' and more standing, whose cooking was inimitable, his woodcraft no less, and his stories as good as his cooking. This morning he had left the camp, his face serene, his eye confident and steady, to turn back hastily before a hundred yards had been covered.

"I go not,—not this day," he said to the younger guide; but from neither could any explanation be had. And the hunting party, discomfited, followed the younger leader discontentedly; and with reason, for no game appeared save a stray squirrel or so, the deep Canadian woods as silent as if all animal life had passed from them; and the bags came back practically empty, their owners in much the same case.

"*Sacré bleu!* I have said so," the old guide muttered as he turned from them, but not till the unsatisfactory supper was over did he explain the cause.

"*C'est le misérable,*—zat chickadee that is spoil all," he said. "When he sing so as this morning in front of one, then go not out ever. If one does, it is a bad thing that will happen."

"But how do you know, Antoine?"

Antoine shook his head solemnly. "But it is so, *messieurs.* I hear it always,—from my grandfather first; and old Indians tell him. They tell me also. They know. I have stopped in time; but even me, you see, I have poplar wood in my fire, and it spoil tea. And why do I get it, when I know well there is no luck in poplar-tree? With fire of its branches the pot will boil over, the *bouillon* will burn, the tea be smoky as to-night. When have you known it so with Antoine? Not even to shoot good bird, if it sit on poplar-tree, is best, for evil comes with it. *Mais voyons, messieurs.* It is chickadee, and now the bad day is done. I am fool all day, even to this minute; for I forget the real supper. How I know not, for there it is behind the logs, where I have it simmer in the camp oven, *Dieu me garde!*" And now Antoine went hastily to the spot, returning with the three-legged kettle, from which proceeded an odor so delicious that the little party rose as one man to fall upon it.

"That is more like it, Antoine!" they cried; and now they attacked the steaming platefuls he was serving, pausing with a smile of deep content as he watched them.

"You like it?" he said, as he offered the kettle for a second instalment.

"Fine, Antoine! The best yet, and that is saying much; but I don't quite make it out. What is it?"

"Dare I tell you, monsieur? I think

so, now that you know it excellent. It is what you cannot eat in spring, when it is strong of its name, but now, yes; for it is autumn, and no better meat can be. It is muskrat, monsieur. Pardon if I tell not in the beginning; for perhaps, if I do, you never know that it is a dish for epicures. I roast it, also, like hare or rabbit, and it has flavor more than they; but this way is best. Ah! the hunter who knows has choice bits that he who buys in cities never knows. They must be eaten in the woods. See now what I do for breakfast." And he produced some peeled birch twigs and a dish of little squares of bacon and meat, and proceeded to string them alternately on the stick.

"Sweetbreads *en brochette,* as I'm a living sinner!" the youngest in the party said.

"*Mais non, monsieur.* It is kidneys, —a deer's kidneys that I parboil a little, then make, as now, to broil over good coals. It is a dish for a king."

The pipes had been lighted. The spell, which Antoine still insisted the chickadee had cast, had vanished with sunset and the rising incense of this stew of stews, to which even the word "rat" was no longer a drawback, though certainly an astonishment.

"What else have you hidden away behind the logs? Didn't I see a flat-tailed something in the shadow, Antoine?"

It was the youngest in the party who spoke, and Antoine looked at him approvingly.

"Monsieur has quick eyes. It is a beaver that hangs there to grow tenderer. Its tail is a *bonne bouche,* its feet better than best little pigs, and itself all good, roast or in stew. When you have tail, you first heat in the fire a little, and soon all the skin can be pulled off. Then one boils it slowly, reducing the broth enough for fine sauce, or I roast it in pot, which is perhaps best. Then in winter one has the moose nose, though, if you eat that, the fine head you would save is gone, since to take off the skin, so that the nose, too, may be stuffed with the head, takes its best part. But, when they are plenty, then one cuts off the nose quick, and scalds and scrapes it to get off all hair. Then it is smoked a little while, and boiled very slow, very careful; and then we eat, and are glad to live. Caribou nose is also good, but full of small bones, so do not trouble with it unless game is short. Then we eat all things. Porcupine is good, and bear, when the season comes; and with bear you eat him every inch, as you do pig, only bear's ham is better than any ham the pig can own. But I say always, of the life in the woods, Eat the things that are in the woods, and soon you know what is good, and how best to combine in your fricassee or *bouillon,* which one may have always, roots and herbs, if meat be lacking; but there is always something, even if but one small bird."

"Use your chickadee, Antoine; and then you will have no more trouble," said the youngest hunter. And Antoine crossed himself.

"That would be death, monsieur," he said gravely. "It is not well to mention such thing where the chickadee sit and may hear." And, shaking his head, he went back to the logs and the camp oven, in which he laid his *brochette* skewers for safety till morning.

"Fearfully superstitious!" the elder man said, as he rolled himself in blankets for the night; but the younger one shook his head.

"Not an atom more than we with our fear of thirteen, and all the rest of the nonsense, Friday unlucky, and so on," the younger one replied; and the third said promptly:—

"Good for you, Archie! I'm with you," and in another minute slept the sleep of the happy hunter.

Escholtzia, my Lady of Dreams

By Jessie Juliet Knox

"Writ on her fields in tongues of poppy flame,
Her name—the Golden One—appears."

FROM whence came this Bohemian queen who from beginning to end of the flower-decked year trails her regal robes of shimmering yellow satin over all the sun-kissed land of California? California is the land of gold,—gold of the kind for which men clamor, gold of the eternal sunlight on her blue mountain tops and dimpling seas, gold of her great oranges nestling amid their satin foliage and perfumed blossoms. What more fitting than that this land should be ruled by Escholtzia, the Golden Poppy?

This regal maid has a lover, a bold and ardent one. It is—the Sun. She cannot live without his smile, so that is the reason she has chosen California as her kingdom. What time the sun is hidden, she droops her fair head and sleeps, to be awakened only by his kiss.

Many years ago, when men were mad for the shining treasure hidden in California's rich soil, and rushed tempestuously into the land where the red men had hitherto held sway, they were amazed at the fields glowing with such intense color that they seemed on fire, and in the letters sent home to their loved ones they sent the pressed blossoms, although that could give no idea of the wondrous glory of the scene. The Indians loved the flower, and many were the beautiful legends in regard to it; and, when they found that there was gold beneath the soil, they said it was because the gold petals of the "great Spirit flower," dropping on the earth for so many years, had sunk deeply, and gradually formed the bright metal for which men were clamoring.

Spanish mariners upon the great South Seas called the country "the land of fire" (*la tierra del fuego*), because the poppies set a blazing landmark for them. San Gabriel, San Fernando, and Los Angeles called them the "altar cloth of San Pascual."

The escholtzia is a plant of singular beauty, with its great satin petals, delicately cut foliage, and graceful stems; but, brilliant as it is, it is frail and short-lived, and does not flourish in society or on beauty's breast, but can only be at its best in the fields. There one may revel in it, and steep the very soul in the sensuous loveliness of the wild queen. It has no fragrance, only its royal robe of shimmering satin, to recommend it; but the splendor of the robe is enough. It needs no perfume.

A stranger entering California for the first time cannot find words to express his admiration and astonishment at the poppy-covered hills and valleys. Emerging from the barrenness of the desert, one's eyes are fairly dazzled with the beauty of the poppy, gilding mountain slopes and shimmering through grain fields and orchards, and glowing, "league upon league of it," under "the clear and crystalline heavens."

The poppy was first noticed by the early Mission fathers, about 1820. The name of the man who first discovered it was Escholtz, hence its name, *Escholtzia Californica.*

Although chiefly a California plant, yet it is found along the coast and inland, from the peninsula of Lower California, in Sonora, northward through Arizona, California, and Oregon to Washington, and eastward through New Mexico and Nevada to Utah. It is stated by one botanist that there are

twenty-two species of escholtzia; but the accepted species for California has foliage of green and bronze-red, and its juice has the odor of hydrochloric acid. The flowers are from three to five inches across, and almost perpetually blooming.

As to the names, the poppy has a multitude of them; but we may truthfully say that none of them appeal to the Californian so much as "California's golden poppy."

The names are derived from German, Latin, Greek, Spanish, English, and Indian. Escholtzia is the Latinized German name, but we have always rebelled against it, perhaps because it is harsh and unmusical. Early California writers made it even more unpleasant by pronouncing it es-kolsia, es-kolshy, or es-koltz-ea. The correct pronunciation is "esh-sholt-si-a."

It is thought that the "Golden Gate," in the bay of San Francisco, took its name from the golden poppies growing in such masses all over the hills at both sides of the entrance to the harbor. The name "Cape las flores" was used by some of the Spanish mariners, meaning Mts. Wilson and Lowe, for at the base of these peaks acres upon acres of yellow poppies were spread, and the color could be seen many miles at sea, telling the mariner that he was opposite the Mission landings.

Luther Burbank, the great "flower wizard," has succeeded in producing a pure crimson escholtzia. He says that the escholtzia can be made to produce a flower as large as a saucer, and a great many different forms,—cup-shaped, petals reflexed, crinkled petals, long narrow petals, etc. The poppy is not difficult to grow, and is most satisfactory. Besides its great beauty, it has some practical uses, such as various medicinal properties, and it is also used as greens.

It may be stated here that it was really at the World's Fair in Chicago that the Bohemian queen made her first bow to the world, and gained national recognition as the emblem of California. The "poppy-room" in the California building will long be remembered, and also the exquisite embroideries and paintings of the poppy contributed by many native daughters.

When the poppy was selected as the State flower, it started all the journalists, poets, and artists to work, and all nature-lovers hied themselves to the fields, to gather great armfuls of its stored-up sunshine. Then there appeared on the market poppy brands of everything,—oranges, butter, baking-powder, etc. And there were poppies on sofa cushions, in burnt leather, on post cards, etc.

Luckily, the poppy, as well as the lily and the rose, is well adapted to be woven into an artist's dreams, and reproduced in all ways. Joaquin Miller, the great "poet of the Sierras," has said of it:—

> "Behold! the Holy Grail is found;
> Found in each poppy's cup of gold;
> And God walks with us, as of old."

Gertrude Atherton, in "The Daughter of the Vine," says, in describing a summer morning at Santa Barbara, "The air was warm; the waves were warm; the poppies were opening their deep yellow lips, breathing forth the languor of the land."

All the California poets have sung of it, and in the most exquisite language, and a few bits, like the following, are too lovely to resist:—

> "Who planted you, golden poppies?
> Were you here when the world was new?
> Were you painted by the morning?
> Do you mirror the sunset's hue?"

> "Oh, the rose you have trained is a lovely slave,
> But the wild gold poppy is free."

> "Flower of the West land, with calyx of gold,
> Swing in the breeze over lace-woven sod;

Filled to the brim with the glory of God,
All that its wax-petalled chalice can hold."

'This was the birth of it, on the brown plain
The sun dropped a kiss in the footprint of rain."

"The great orange flowers of yesterday again unroll their golden sheaves to take a farewell look at the world beautiful. Green caps are ambitiously thrust up from dusky eyes. . . . At noon it is a sea of waving, shimmering gold, rippling with the passing zephyrs."

And lastly how beautiful is this!—

"Men of toil and women of care, the hills and fields are thy comforters. Go to them, and find the golden poppy! The blue sky is over it; the birds sing around it; cherish and love all the sweet things that nature has provided for ye, and behold ye shall be eternally blest."

A Cheap, Easy, and Efficient Way of Pasteurizing Milk

By Mrs. M. H. Plunkett

WHAT is pasteurization? It is treating milk in such a way as to destroy the microbes which infest it without destroying its nutritious or appetizing qualities.

This should always be done when it is to be used as an infant's food. The milk in the cow's udder is perfectly germ free. The instant it strikes the outer air it encounters numbers of the microbes that will cause its fermentation, or "souring." These microbes have such a power of rapid proliferation that in a short time a cubic centimetre of the milk contains myriads of them. When they are introduced to the baby's stomach, they are placed in the condition of warmth that is just suited to promote their rapid multiplication; and it is this fermentation that causes so many deaths of infants,—a truly Herodian kind of murder. It is this that creates that terror of mothers,—"baby's second summer"; and the modern treatment of cholera infantum, shutting off milk entirely as food, and intestinal irrigation, until no smallest microbe is to be seen, has rescued many a threatened little life.

To prevent this is the object of pasteurization; and it must be begun at the beginning, which is a common fruit jar, with a top that screws securely and hermetically on. This should be most thoroughly scalded and scrubbed, especially the inside of the cover, the screwing part of both bottle and top cleaned with a brush. When perfectly cleaned, put a small earthen plate in the bottom of a saucepan or kettle filled with cold water. Then set on the plate the bottle filled with the milk to be treated, and test it occasionally with a bath thermometer (this thermometer will cause the only extra expense); and, when the mercury marks 155°, remove the bottle. Place the top on at once; and surround the bottle with a towel, or a strip of flannel, which is to remain while the bottle becomes cold. And this slow cooling insures the destruction of the very last microbe; the milk has no "scalded

taste," and has acquired no deleterious qualities. A mother, to whom nature denied the ability to suckle her children, reared four sturdy, healthy children, by strictly following the above directions.

That intelligent effort in this direction "pays" will be seen by the following:—

A New Jersey town, which in summer was almost wholly occupied by temporary summer denizens from New York City, got its drinking water from a much-polluted stream that ran through it. This was before the general public was properly enlightened as to the deadly work of bad water; but a gentleman, who lived there the year round, had two fine young boys, and greatly desired a pure water supply, as he could not rouse these temporary residents to do anything, he set up a system of his own. He procured two large bottles of a peculiar shape, holding enough water to supply the family for one day. His business was in New York; but every day, before breakfast, *he saw to it that enough water was boiled to fill these bottles*, and then they were placed in the ice-box. And he forbade his family from imbibing any other water. All around him his neighbors were losing their babies by cholera infantum, while his children remained well. He realized the need, and put in practice that "eternal vigilance" that is required in hygiene, if we are to escape the penalty of drinking water that contains disease germs.

The work that Mr. Strauss has done for New York, in supplying sterilized (pasteurized) milk to that city, has saved thousands of lives; and it is the saving of children's lives that is telling in the lengthening of the average of human life, as is shown by all health tables in all the countries where reliable records are kept. Be sure that the pasteurizing of the baby's milk is worth all that it costs in time and trouble.

In October

By Kate Matson Post

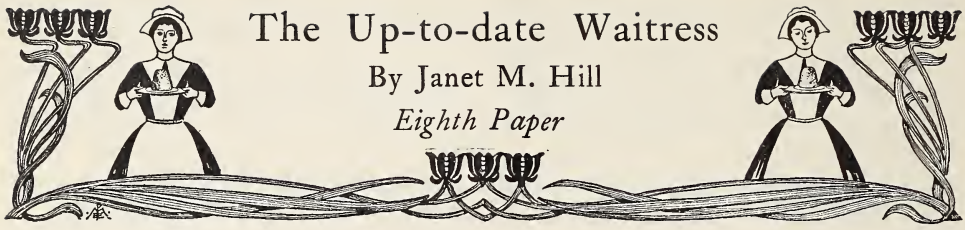
Through mellow days the autumn sun
Its gold is pouring down.
Ripe apples fall from laden boughs,
And fields are turning brown.

And still the busy crickets thrum
Their tireless, aimless tune,
And sparrows feast on ripened seeds
Where flowers bloomed in June.

And blazing sumachs mark the course
Of pleasant winding ways,
And by the fence the asters crowd
In banks of purple haze.

And yet these gorgeous autumn days,
With subtle breath of spring,
Lack all spring's charm of youth and hope,
And naught but sadness bring.

For who'd exchange for all thy gold,
Bright middle-aged year,
One day of spring, one hour of youth,
And trust that knows no fear?



The Up-to-date Waitress

By Janet M. Hill

Eighth Paper

Laundering of Table Linen

Removal of Stains

REMOVE all stains as soon after they are made as is possible. Wash out milk or meat stains with warm water. When the linen is stained by tea, chocolate, coffee, or fruit, stretch the portion of linen discolored over a bowl. Have ready a kettle of water, at the boiling-point, Hold the kettle high, and let the water fall from it onto the stain until it disappears. Most stains will yield to this treatment. Peach stains are the most difficult to remove. If the stain be small, wet it thoroughly, then burn a sulphur match beneath the spot. Cover wine stains with common salt, then pour boiling water over them, as described above.

Washing the Linen

Shave laundry soap very fine. Pour boiling water over it, and set on the back of the range to dissolve. Then pour into a tub, and add lukewarm water to make a suds. In this put the linen, the larger pieces at the bottom, and let stand for several hours or over night. Wring the pieces from this water, and put them into a tub of water at a temperature such as can be well borne by the hand. Wash out, and put into a boiler (upon the stove), half filled with cold water, and to which soap, shaved and dissolved in water, has been added. Let the linen remain over the fire until the water boils. Then take it up, and dispose in a tub of cold water. Let stand a few minutes, then rinse thoroughly, to remove all soap. Wring out, and put into a tub of bluing water. Wring out again, and dry in the open air. Use either liquid or ball bluing. In using the latter, tie a ball loosely in a flannel bag. Move the ball back and forth in a dipper of lukewarm water until it is well blued. Then turn into the tub of water. Add more bluing after a portion of the linen has been wrung from the water.

Starching Table Linen

Linens of good body need no starch. Very thin, old, linen table-cloths may be wrung out of very thin starch. Do not use more than one level tablespoonful of starch to two quarts of water. Dilute the dry starch with two or three tablespoonfuls of cold water. Pour over the boiling water, and stir and cook about ten minutes. Then add half a teaspoonful of powdered borax. Strain the starch, if necessary. Add a little bluing, if desired, and wring the linen as dry as possible.

Folding Linen to Iron

When the linen is dry enough to iron, fold table-cloths in the middle, lengthwise, letting the corners come together exactly, and the sides and ends meet at every point. Then fold again; and, finally, roll up tightly, and finish by rolling in a dry cloth. Lay a napkin flat upon the table. Above this lay other napkins, one after another, spreading each out smoothly

and stretching the hems. All table linen should be made very damp. Sprinkle with clean water, using a clean brush kept for the purpose. Roll very tight, and protect from the air by rolling in a cloth. Let stand several hours or over night.

Washing Linen with Colored Embroidery

Dissolve two level tablespoonfuls of powdered borax in a little hot water, and add to a gallon of water. Take the pieces, one at a time, sop in the water, rinse up and down, and knead until clean. Repeat this process in clear water, then roll in a dry cloth. Continue until all are washed. In this way the colors will not stain the linen. The dry cloth will take up the water quickly, and the pieces need be ironed in a very few moments.

Ironing

For good results in ironing a perfectly flat and firm ironing-board is first requisite. Have the board smoothly covered with soft material. Above this have an outer covering of rather fine cotton cloth, tightly drawn and fastened securely in place.

Embroidered Linen

To iron small pieces of embroidered linen, use a heavy, moderately heated iron, and press hard. Iron on the wrong side, and always with the threads of the linen, pushing the iron from you.

Drawn Work

In washing, drawn work shrinks more than the plain linen around it; and great care must be taken to stretch the drawn work, and make the piece of uniform size throughout. Lay the edge straight with the edge of the board, and stretch the drawn work in both directions before beginning to iron. Iron on the wrong side, stretching gently while ironing. Dampen, stretch, and iron until the article is in perfect shape and absolutely dry.

Linen with Lace Edges

Iron the linen portion first, of pieces having lace edges. Then iron the lace on the wrong side, and without stretching the edge of the linen.

Folds in Table Linen

Linen used on sideboard and serving-table should be rolled on pasteboard cylinders made for this purpose. Folds are not admissible in any table linen save napkins and the lengthwise fold through the centre of table-cloths.

Fringed Napkins

When folding napkins with a fringed edge, gently whip and snap the edges to disentangle the fringe, and, when ready to iron, repeat the snapping. Then lay the napkin on the ironing-board, and, with a stiff brush, brush out the fringe. Then iron the centre, and, when this is dry, the fringe. Brush out again after ironing, and, if needed, trim with scissors.

Napkins

Fold the selvage edges of the napkin together, and stretch until perfectly straight. Unfold and spread out, wrong side up, on the table. With a heavy, hot iron press out the napkin. Then fold the selvages together, and press upon one side. Turn and press upon the other side. Fold again, and stretch, to have the central fold lie directly above the full length of the selvages. Press on each side, then fold and press, to make a square. Have monogram, if present, on the top, when finished.

Table-cloths

Two persons are really needed to get a table-cloth in readiness to iron. Let

(*Concluded on page* 149)

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LAY SERMONS

SOME of the best sermons of the day, it is said, are preached by laymen. Our chief magistrate, for instance, gives us noted examples of lay preaching. His talks to conventions of workingmen or a congress of mothers are always wise and sensible. To the ethical teachings of our President people must give hearty assent, however much they may differ from him in his political policies and methods.

Not long since we had occasion to listen to the vacation discourse of a clergyman whose words were based upon the text, "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Verily the preacher said, that people in general were likely to get what they wanted, provided they were willing to pay the price thereof. And, surely, nothing is plainer or more certain than the fact that desire goes before possession. In practical, every-day life the man who wants money or houses or lands can get these things, if he be willing to sacrifice and toil with single purpose, keeping ever the one end in view. In like manner one may acquire education, position, or fame. So, too, the preacher urged in climax, we are to get religion.

Now, while all this is very logical and true, at this point the thought occurred to us: Comparison is often a somewhat deceptive form of reasoning, and is quite as apt to overreach or underreach the point aimed at as it is to hit the mark. Do we get religion as we get money or other earthly possessions? Is the religious sentiment not rather a natural, inherent attribute, the birthright of every human being, something, like affection, to be cultivated and cherished? No people are found living on the earth without the capacity to love and worship. Why not cultivate religion as friendship is cultivated? In order to gain friends, one must be friendly. Kindness begets kindness, as love begets love.

The doctrine that religion is something suddenly and miraculously gotten, it seems to us, has caused seas of trouble, endless tears and woe; and the history of the race confirms the thought. If we mistake not, true religion and love are nearly akin. He who from year to year grows fond of the infallible book of nature, whose authorship is unquestioned, who learns to love tree and flower, bird and beast, and, above all, his neighbor as himself, is certainly not far from the kingdom of heaven. May he not learn to look through nature up to nature's God? The happiest people have been those who have lived closest to nature, who have been fondest of outdoor life.

"Seek, and ye shall find," is a great saying, a wonderful truth. Earnest want or desire is the initiative of all attainment. Surely, it is possible for those, who desire, to live clean, wholesome lives; for growth in excellence is the certain reward of earnest seeking. To become proficient in craft or art or any other form of attainment, we must pursue assiduously our ideals.

But even lay preaching is quite out of our line, and we do not intend to trespass thereon. Healthy, wholesome living, however, and fondness for life in the open air, are subjects ever of engrossing interest.

SOMEWHAT in the nature of an excuse for touching upon a subject so far out of our special line, we offer the following from an exchange: "As one looks over a great pile of 'religious' exchanges, one notes a curious tendency in almost all of them to slip away from religion to what are known as secular matters. The denominational organ becomes often hardly distinguishable from a weekly newspaper. If one chose to make an epigram, it might be said that our religious papers consist partly of things no one cares for—sectarian gossip—and partly of things everybody knows already—current events and literary commonplaces. Is this because people do not really care for religion or because religion is seen to concern all departments of life?"

We think the latter holds that religion is seen to concern all departments of life. It is not something to be put on or off as occasion arises: it is the life itself. The Japanese, it seems to us, have taught the world a lesson it will not be likely soon to forget. What race or people in the future can claim exclusive right to all the virtues? Who is to draw the line between the civilized and the uncivilized races?

THE Romans used to punish a murderer by chaining to him the corpse of his victim. Wherever he went, he had to drag this dead, putrefying, repulsive thing that was once a man.

In the justice of those old Romans there was something decidedly poetic.

The man dragged behind him the result of his wrong deed.

We all do that. One can't transgress, and run away from the result. There is no escape from wrong acts.

You see people every day who are carrying with them the corpse of their sins.

Tobacco, whiskey, drugs, medicine, are all embalming fluids,—poisons. Smell them! God help us all!

Your man who eats too much, drinks too much, doesn't exercise enough, and breathes too little,—you may have him in your family, but the individual who isn't on good terms with dental floss isn't welcome at my table.

I have a contempt for the individual who sleeps in a stuffy, ill-ventilated room. I pity the symposium of pigs' feet, sauer kraut, beer, and tobacco that calls itself a man. It does not cost much to be decent. Fresh air is free. No monopoly has so far cornered the ozone. Water is cheap, and so is soap.

Life is just a-dying. We are throwing off dead matter with every breath. Exercise, deep breathing, and bathing in water and fresh air eliminate the dead matter.

Get rid of your dead self, I pray you. And let this body that you carry with you be wholesome, clean,—a fit temple of the Divine Spirit.—*The Philistine.*

HYGIENIC LIVING

COMPARATIVELY few people seem to realize the full significance of health as a possession. And yet health in goodly degree is essential to prosperity and well-being. Without it life is a dismal failure. Health and a strenuous life are closely

allied. The one implies the other. This statement is true: "The beautiful word 'health' has been spoken in our time with a new accent, and in it are stores of practical wisdom, health that comes from the brave, cheery spirit, in which are the powers of self-renovation. The secrets of life are open to those who believe in the infinite possibilities of human nature and the reaction of life upon the soul."

We have long had hospitals and sanatoriums for the care and cure of the disabled. Now on every hand are springing up health resorts and health farms for the recreation and cultivation of health. Would that every country home were a veritable health resort! And such might be the case, did the inmates only adapt their ways in life to the sole conditions upon which health depends. Too often, however, the sanatory conditions of the country home are far from hygienic or satisfactory. Nature's best gifts are apt to be neglected, vitiated, or destroyed.

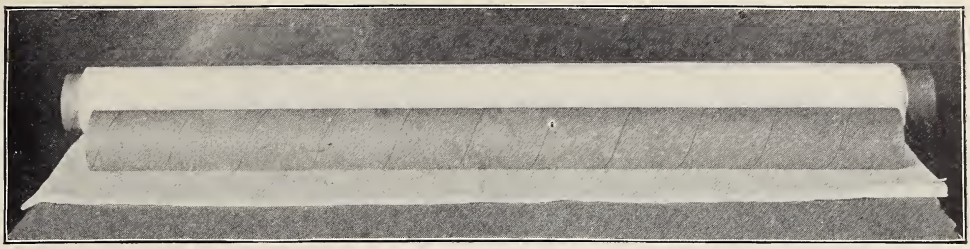
In a recent description of a health farm near Denver, Col., we find these words. Are they not applicable to many another locality?

"It is no difficult task to write an apostrophe to health, for every one knows that its value is above rubies. And yet it is sometimes wantonly thrown away. Nature, however, has so endowed a favored portion of her realm that weary mortals may gather there, and have brought back to them in a measure the prize they cast away. The entire Rocky Mountain region is a sanatorium. It has the sun, the mountain breeze, the crisp, mild air, which combine to invigorate and heal. There is no magic in the healing wrought by a mountain summer, yet it recalls the days when the weak were made strong by the laying on of hands. Simply marvelous are the transformations wrought by it. There is no magic in the springs bursting from the mountain sides, though the ignorant, noting their cures, might well ascribe them to magical power. This airy empire has been the subject of many learned essays, but none of them are so convincing as the rose returning to the wanest cheek or the dragging step once more light and buoyant."

THE season is at hand in which subscribers to periodicals are accustomed to renew their subscriptions and new subscriptions are most largely and readily obtained. Like other publishers, we desire to enlarge our patronage. The consequence is natural. The larger the circulation, the better the magazine we are able to produce; for invariably the value of a periodical depends mainly upon its cost, —that is, the quality of the labor and the expense involved in its production.

If each of our present subscribers will secure among her friends two new subscribers to the magazine, she can have her own subscription renewed for one year free of charge. By so doing, she will help herself and at the same time help us in our efforts to improve the quality and scope of the magazine. We look upon this method of renewing a subscription as an esteemed favor,—the kind of favor to which our steadily growing list is already much indebted.

The prospects of the *Cooking-School Magazine* were never fairer. Its rank and standing among high-class publications was long since established and unquestioned. We now aspire to enlarge and improve the successive issues, to make them not only more practically helpful, but even indispensable in a larger and larger number of households. With this end in view, together with the good will and co-operation of our readers, we hope to announce in early issues new and substantial gains in more than a single line of progress.



Pasteboard Cylinders for Rolling Laundered Table Linen. See pages 137 and 149

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Lettuce Leaves, Genoese Fashion

(Appetizer at Dinner or Luncheon)

Separate the fillets of eight anchovies into bits. Add to these two hard-cooked eggs cut in tiny cubes. Season with paprika, and mix with enough mayonnaise dressing to hold the bits together. Select eight small, crisp, lettuce leaves. (These should not be more than two and a half inches in length.) Upon each dispose a teaspoonful of the mixture, packing it closely, then mask or cover neatly with mayonnaise. Decorate with capers, chopped beets, and parsley. Serve on small plates. If daintily made, these are very attractive. Anchovies put up in oil are ready for use. Those preserved in salt need be freshened by standing some hours in milk or water.

South Chatham Cheese

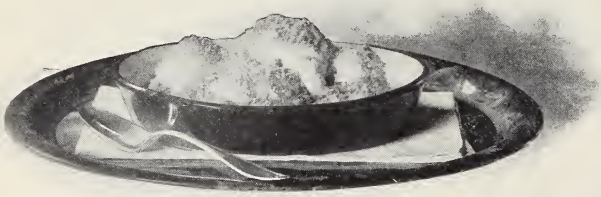
Take milk that has been drawn twelve hours. Remove the cream, and set in a warm place to thicken. Do not heat the milk to a higher temperature than blood heat. When the whey has separated from the casein, turn the milk into a cheese-cloth to drain, and, when well drained, mix salt with the curd and set it, still inside the cloth, into a hoop placed on a large plate. Put a round board that fits easily inside the hoop above the curd, and place weights on the board. In from six to twelve hours remove the cheese from the hoop. Cream may be added before setting the curd to press or the cheese may be made of milk from which none of the cream has been taken.



South Chatham Cheese in the Hoop and after removal

Timbale for Consommé, Countess Fashion

Pound in a mortar one-fourth a cup (well pressed down) of cooked chicken breast and a dozen blanched almonds, adding from time to time a tablespoonful of cream, until three-fourths a cup of cream in all has been used. Press through a sieve, then add to the yolks of three eggs and one whole egg, beaten until well mixed. Season with salt and pepper, and also, if desired, with a grating of nutmeg. Turn the mixture into small timbale moulds, thoroughly buttered, and cook, as custard, on several folds of paper and surrounded with boiling water. When cold, unmould, cut in slices and serve in consommé with cooked asparagus tips, peas, or flageolet.



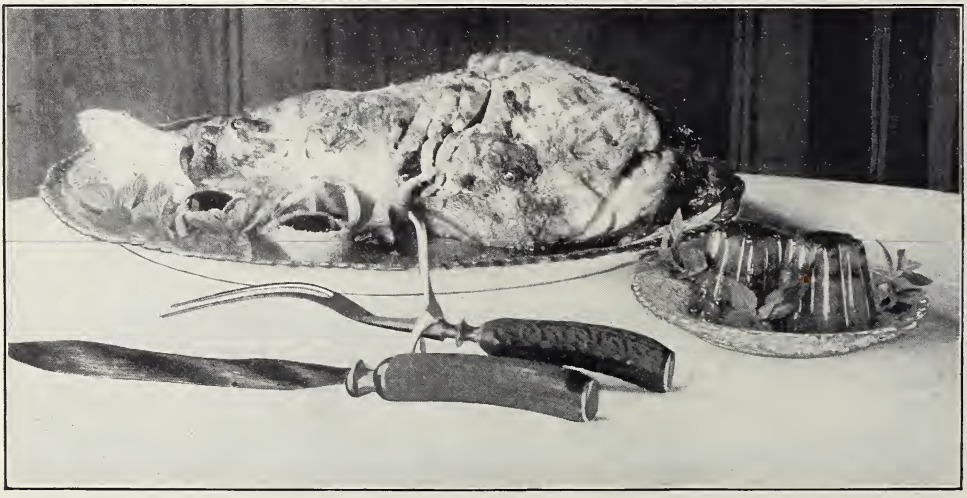
Cauliflower Scalloped with Cheese. Page 149

Consommé, Autumn Fashion

Add to each plate of consommé, at serving, four or five, each, tiny cooked flowerets of cauliflower, asparagus tips, half an inch in length, peas or flageolet, and half-inch bits of sweet red pepper. Tiny, chicken quenelles may be added at discretion.

Baked Leg of Lamb

Remove the caul usually skewered about a leg of lamb. Trim off superfluous fat, wipe carefully, and rub over with salt, pepper, if approved, and flour. Set to cook in a moderate oven, basting each ten minutes with bacon or chicken fat, or with fat from the top of a dish of soup. Bake about an hour and a half. Serve with mint jelly and hominy cups holding currant jelly. Cook the hominy in boiling salted water, shape when partly cool, egg-and-crumb, and fry in deep fat.



Baked Leg of Lamb with Mint Jelly

Mint Jelly (Miss Chandler)

Let one tablespoonful of granulated gelatine stand for some time in cold water to cover. Boil one cup of gran-

ulated sugar and one cup of vinegar until thickened slightly (about five minutes after boiling begins). Add the softened gelatine and one-fourth a teaspoonful, each, of salt and paprika, and stir until the gelatine is dissolved. Then add three-fourths a cup of mint leaves, chopped fine. Set the dish into another of ice and water, and stir occasionally until the mixture begins to thicken, then turn into a mould or jelly glass, and set aside to become firm. When turned from the mould, garnish the dish with the tips from two or three stalks of mint.

Egyptian Salad (Luncheon or Supper Salad)

Have three or four ears of cold, boiled corn. With a sharp knife score the rows of kernels lengthwise of the cob. Then press out the pulp, leaving the hulls on the cob. Mix the pulp with an equal measure of cold, boiled rice (let the rice be boiled, so as to leave the kernels whole and distinct). Add two tablespoonfuls of chopped red pepper, and mix the whole with mayonnaise dressing. Put by the tablespoonful into cup-shaped, heart leaves of lettuce. Decorate each with cold, cooked eggs and fillets of boneless anchovies.



Egyptian Salad

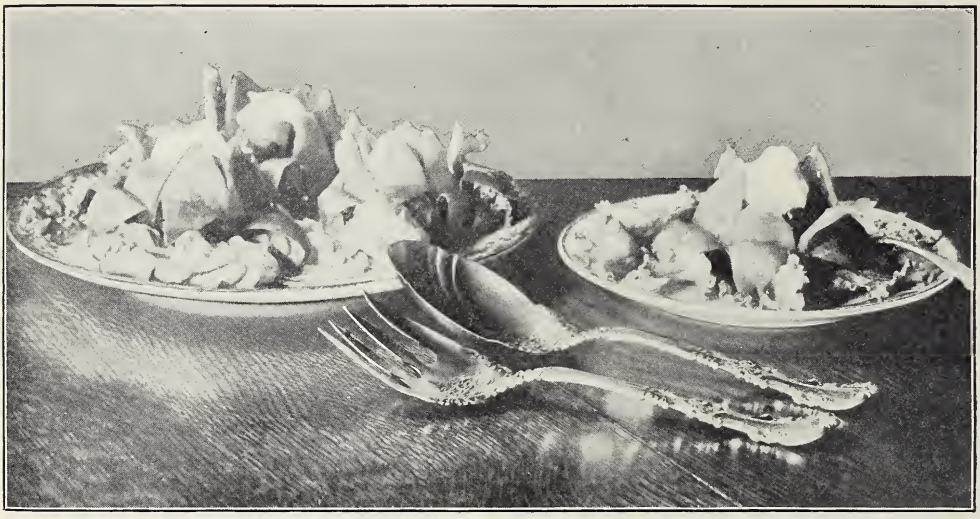
Egg Plant Fried in Batter

Cut the egg plant in halves, lengthwise, then cut in slices half an inch thick. Pare off the purple skin, then dip the slices in batter, and fry to a golden brown in deep fat. Often the



Egg Plant Fried in Batter

slices are sprinkled with salt and piled one above another to stand for an hour. This draws out moisture, which must be removed with a cloth before the slices are dipped in the batter. Serve as an accompaniment to roast beef, mutton or lamb, broiled steak or chops. If preferred, the slices may be egged-and-crumbed. They may be sautéd instead of fried.



Tomato Salad, Poinsetta Style

Fritter Batter for Egg Plant

Beat an egg without separating the white and yolk. Add half a cup of milk, and stir gradually into three-fourths a cup of flour, sifted again with one-fourth a teaspoonful of salt. Let stand an hour or more before using.



Tomatoes, Du Barry Style

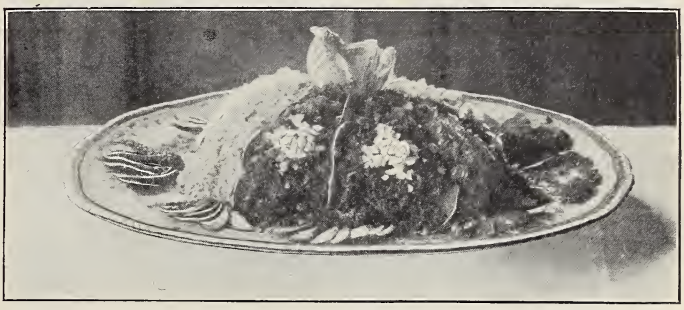
Tomatoes, Du Barry Style

Peel a tomato for each person to be served. Cut out a piece round the stem of each, and scoop out a portion of the pulp. Sprinkle inside with salt, and set upside down in the refrigerator. When ready to serve, fill the open spaces with cold, cooked cauliflower. Put a spoonful of mayonnaise on each, and serve at once.

Tomato Salad, Poinsetta Style

Select round, smooth tomatoes. Take one in the hand, keeping the stem end down. A close examination will show light lines running underneath the skin from the centre outwards. These separate the tomato into sections, each of which contain seeds. Cut through the skin along these lines from the centre to about an inch from

the stem end, then cut through the pulp underneath to the depth of one-fourth an inch. With a sharp-pointed, French knife peel each section of skin from the pulp below, then lift the pulp in triangular sections about one-fourth an inch thick. These, if cut properly, will be of the same shape and size as the sections of skin, and each will form a circle resembling petals of a flower. Let chill thoroughly in the refrigerator. Then, when ready to serve, cut out the hard centre at the stem end without injury to the shape of the flower. Season with salt and pepper; fill the open space beneath with mayonnaise, and set the tomato on an individual plate. Put heart leaves of lettuce around the outer row of petals, bending them over the lettuce. Turn back the second row of petals, and fill the centre with mayonnaise. Serve as a salad course at luncheon or dinner.



Potato Salad

Potato Salad

Chop very fine half a small, young, and mild onion and half a green pepper-pod. These should be as fine as if they had been grated. Cut six cold boiled potatoes into small cubes of the same size (less than half an inch in diameter). Mix the potato, pepper, and onion with five or six tablespoonfuls of oil. Mix very thoroughly, turning the potato over and over and adding more oil, if needed, to make each piece of potato glisten with oil. Shake in a teaspoonful of salt and a dash or two of paprika, while mixing in the oil. Then add three or four tablespoonfuls of vinegar, one tablespoonful at a time, mixing in each before the next is added. Rub the salad bowl with the cut side of a clove of garlic. Put in the salad, shaping it into a firm mound. Set this aside in the refrigerator for an hour or longer. Then cover or mask with mayonnaise dressing. With capers or sliced olives divide the mound into six sections. Fill in these with sifted yolks (cooked), chopped whites of eggs, and chopped beets. Decorate the sections



Popovers. Page 146

in contrasting colors. Set a tuft of lettuce hearts in the top, and garnish the edge with tiny gherkins, cut in very thin slices nearly to the stem end, and spread to represent fans.



South Chatham Cheese, shaped in Balls, with Red Currant Jelly
Serve as Sweet Course at Luncheon or Dinner

Cheese Timbales

Melt two tablespoonfuls of butter. Add two tablespoonfuls of flour, half a teaspoonful of salt, one-fourth a teaspoonful of paprika, and half a cup, each, of cream, milk, and white stock. In this melt half a pound of grated cheese (cheese grated from the shell of an Edam cheese is good for this dish).



Cheese Timbales

Pour this mixture over four yolks of eggs and three whole eggs, beaten until well mixed. Mix thoroughly and turn into small timbale moulds, thoroughly buttered. Set the moulds in a pan, on several folds of paper, surround with boiling water, and bake until the mixture is firm, but without allowing the water to boil. Serve, turned from the moulds and surrounded with tomato sauce.

Popovers

Beat two eggs, without separating whites and yolks, until light. Add two cups of milk, then continue beating with an egg-beater while two cups of sifted flour, sifted again with half a teaspoonful of salt, are gradually beaten into the liquid mixture. Butter an iron muffin-pan, one with round cups preferred, and put a level teaspoonful of butter into each cup, then turn in the batter, filling the cups two-thirds full. Bake in a hot oven about thirty-five minutes. The recipe makes twelve large popovers.

Marmalade Tart

Line a pie plate with pastry. Fill with apple or peach marmalade. Cover the top with rings cut from pared-and-cored apples, sprinkle with lemon juice, and dredge lightly with sugar. Bake about half an hour. Serve hot, plain or with whipped cream or with ice-cream.

Plunkets

(To be eaten with Ices)

Cream one cup of butter, and gradually beat in one cup of sugar. Beat the yolks of six eggs until very light, the whites until dry.

Then pour the yolks over the whites, and cut and fold the two together. Pass through a sieve together, twice, half a cup of flour, three-fourths a cup of cornstarch, and two level teaspoonfuls of baking-powder. Add the eggs to the butter and sugar, a little at a time. Then add the dry ingredients and a teaspoonful of vanilla extract. Bake in individual tins. After baking, sift powdered sugar over the tops. Two cups of flour, scant measure, may replace the flour and cornstarch given in the recipe.



Marmalade Tart

Honey Cakes

Heat one cup of buckwheat honey or three-fourths a cup of clover honey and one-fourth a cup of New Orleans molasses to the boiling-point. Skim, if needed. Add one-fourth a cup of butter, and, when cooled to a lukewarm temperature, stir in two cups of sifted flour, scant measure. Let stand over night or several days, but not until soured. When ready to use, beat in the grated yellow rind of a lemon, two tablespoonfuls of lemon juice, two ounces of blanched almonds, chopped fine, and half a teaspoonful of soda dissolved in a tablespoonful of cold water. Bake in little drum-shaped tins (the recipe will make about fifteen). When cold, dip into a cup of sugar and half a cup of water, cooked five minutes and stirred until nearly cold.



Honey Cakes Plunkets

Sandwiches, Trilby Style (Eleanor S. McKenzie)

Make mayonnaise dressing, seasoning it very high with paprika. Cut young Bermuda onions in very thin slices, such as will barely hold together, or chop the onion very fine. Spread Graham, rye, or entire-wheat bread, prepared for sandwiches, very sparingly, with butter. Then on half the slices lay or spread the onion. Sprinkle

lightly with salt and paprika, then add mayonnaise dressing, another sprinkling of onion, salt and pepper, then cover with buttered bread.



Hot Apple Croutons

Hot Apple Croutons

Cut out rounds or squares from slices of stale sponge or hasty cake. Butter a baking-pan, and on it dispose the pieces of cake. Sift the pulp of two baked or stewed apples. Add two or three tablespoonfuls of sugar and the beaten yolk of an egg. Then fold the mixture into the white of an egg, beaten dry. Dispose this on the pieces of cake (bread may be used). Set half a blanched almond on the top of each, sprinkle with granulated sugar, and set into a hot oven for a moment or two to brown the tops. Serve for a sweet course at luncheon or dinner.

Cream Cheese-and-Parsley Sandwiches (for Luncheon Basket, Tea Table, Evening Companies, etc.).

Wash the parsley, shake and dry in a cloth, then remove the stems, and chop the leaves very fine. Add a tablespoonful of the chopped parsley to half a cup of cream cheese. Add also a generous quantity of paprika, and mix the whole thoroughly. Spread upon slices of bread prepared for sandwiches, or upon butter thins or other wafers. Press together, and serve as soon as possible. Decorate the serving-plate with parsley. The cheese mixture may be shaped into balls, and served with the crackers or plain bread-and-butter sandwiches.



Small Spanish Wine Keg filled with Olives

Boiled Cauliflower

Let a head of cauliflower stand, head downward, in a dish of salted water half an hour, then trim off discolored leaves and tie in a piece of cheese-cloth. Set to cook, stem end down, in boiling salted water. When the cauliflower is tender,—fifteen to thirty minutes according to size,—remove from the water and the cloth. Serve at once with cream, Bechamel, cheese, tomato, or Hollandaise sauce. Cold cauliflower is served with French dressing, vinaigrette, or mayonnaise sauce, or with sauce tartare.

Cauliflower Scalloped with Cheese

For a cooked cauliflower of medium size make a sauce of three level tablespoonfuls, each, of butter and flour, a scant half teaspoonful, each, of salt and paprika, and a cup and a half of rich milk. Butter an au gratin dish. In it dispose the cauliflower, separated into flowerets, and the stem of each trimmed to a point. Dissolve half a cup of cheese in the sauce, then pour the sauce over the cauliflower, and sprinkle the whole quite thickly with cracker crumbs mixed with melted butter. Set the dish into a hot oven, to brown the crumbs.

Broiled Potatoes

Cut cold boiled potatoes, white or sweet, lengthwise, in slices three-eighths an inch thick. Dip these in melted butter, sprinkle lightly with salt, and broil (use a wire, hinged broiler) over a bed of bright coals or under a gas flame until lightly browned on each side. Spread with maître d'hôtel butter, and serve at once.

Maître d'Hôtel Butter (for Broiled Fish, Meat, and Vegetables)

Cream one-fourth a cup of butter. Add half a teaspoonful of salt, a dash of pepper, half a tablespoonful of fine-chopped parsley, and three-fourths a tablespoonful of lemon juice, very slowly. The heat of the fish, meat, etc., will melt the butter.

Hollandaise Potatoes

Cut pared potatoes in pieces like the section of an orange. Steam or boil until tender, then drain, and pour maître d'hôtel butter over them.

(*Concluded from page* 137)

each take an end of the cloth, and see that the hem on one side lies directly over the hem on the other side, with the selvages coming together. Then stretch the cloth, gathering it a little in the hands at the ends, if needed. Make sure that the selvages are even, then the lengthwise fold will be even. Put a table back or beyond the ironing-board. Spread one end of the cloth on the ironing-board, and dispose the rest on the table. Let the iron rest on the cloth (do not raise it from the cloth), and move it up and down with the warp. Move it slowly and gently, until the wrinkles are removed, making sure that the selvages and hems are exactly together. Then press hard and move quickly. Continue until the cloth is nearly dry. Then iron a new portion in the same way, until nearly to the end of the cloth. Then make the hems straight and even, and iron from the hems toward the ironed portion, to remove any fulness that may have accumulated. Now turn the cloth, and iron upon the other side until dry. Lay the paper roll on the end of the cloth next you. See that it is even, then roll a little, pressing the linen, with the iron, in front of the roll. Lift the cloth frequently, to keep it straight. Many prefer a clean sheet spread upon the floor under the ironing-board to the extra table behind the board. Use a heavy iron.

Menus for a Week in October

"The care of a family was the earliest of the arts that led to a refined civilization; and, if the nation is to be preserved, it will be the last to expire."

SUNDAY

Breakfast

Broiled Bacon. Eggs Cooked in the Shell.
Broiled Tomatoes and Green Pepper.
Green Corn Fritters. Coffee.

Dinner

Cream-of-Celery Soup.
Baked Leg of Lamb (Yearling).
Hominy Cups with Black Currant Jelly.
Mint Jelly.
Egg Plant Fried in Batter.
Apples Baked with Almonds.
Whipped Cream. Coffee.

Supper

Oyster Stew. Pickles. Crackers.
Oatmeal Macaroons. Cocoa (Children).

WEDNESDAY

Breakfast

Haddock Fish Balls. Pickles.
Eggs Cooked in the Shells.
Entire-wheat Baking-powder Biscuit.
Apple Butter. Coffee. Cocoa.

Dinner

Broiled Sirloin Steak.
Baked Sweet Potatoes.
Boiled Cauliflower, Cream Sauce.
Squash Pie. Tea.

Supper

Succotash. Rye Biscuit.
Jellied Apples, Cream.
Cocoa. Tea.

MONDAY

Breakfast

Chipped Beef, Frizzled.
Baked Potatoes.
Fried Hominy, Caramel Syrup.
Dry Toast. Coffee.

Dinner

Cream-of-Celery Soup.
Cold Roast Lamb, Sliced Thin.
Candied Sweet Potatoes en Casserole.
Tomato Salad.
Apple Dumplings, Cream and Sugar.

Supper

Rye-meal Muffins. Sifted Apple Sauce.
Cottage Cheese. Sugar Cookies.
Tea.

THURSDAY

Breakfast

Bacon. Sautéd Bananas.
French Fried Potatoes.
Hot Shredded Wheat Biscuit.
Coffee.

Dinner

Corned Beef. Boiled Cabbage.
Boiled Potatoes. Celery Salad.
Bread Pudding, with Currant Jelly and Meringue.
Black Coffee.

Supper

Rice Cooked with Tomatoes.
Cold Cauliflower, French Dressing.
Baked Pears. Tea.

TUESDAY

Breakfast

Hashed Lamb on Toast.
Bananas Sautéd.
Twin Mountain Muffins.
Coffee. Cocoa.

Dinner

Boiled Haddock, Egg Sauce.
Boiled Potatoes.
Boiled Onions, Buttered.
Baked Beets.
Apple Pie. Cheese. Coffee.

Supper

Potato Salad. Toast.
Hot Baked Apples, Sugar, Cream.
Sponge Cake. Tea.

FRIDAY

Breakfast

Omelet.
Baked or Broiled Tomatoes.
Doughnuts. Coffee.

Dinner

Scalloped Oysters. Cold Slaw.
Boston Brown Bread.
Cheese. Wafers.
Grapes. Black Coffee.

Supper

Corned Beef, Potato, and Green Pepper Hash.
Pickled Beets.
Graham Muffins.
Coffee.

SATURDAY

Breakfast

Grapes.
Cold Corned Beef, Sliced Thin.
White Hashed Potatoes.
Yeast Rolls.
Corn-meal Griddle Cakes.
Coffee

Dinner

Baked Fish, Bread Stuffing, Tomato Sauce.
Mashed Potatoes.
Scalloped Cabbage.
Hot Apple Pie, Cream.
Black Coffee.

Supper

Succotash with Pork.
"Shortcake" of Waffles and Peach Preserves.
Triscuit, Milk.
Tea.

October Menus without Meat or Fish

"There is no higher life than that devoted to the making of a home that has in it the divine elements of love, cleanliness, order, and the best and most cheerful service."

SUNDAY

Breakfast

Green Corn Fritters.
Sliced Tomatoes.
Toast. Coffee.

Dinner

Egg Croquettes.
Late String Beans, Maître d'Hôtel Butter.
Tomatoes with Cauliflower, Mayonnaise Dressing.
Rice Pudding with Raisins.

Supper

Tomato Rabbit.
Gingerbread. Tea.

WEDNESDAY

Breakfast

Corn-meal Mush, Milk.
Baked Apples. South Chatham Cheese,
Cream. Date Muffins. Coffee.

Dinner

Cream-of-Lima-Bean Soup, Croutons.
Corn Custard. Mayonnaise of Tomatoes.
Boston Brown Bread.
Rice Pudding with Meringue.
Coffee.

Supper

Celery-and-Nut Salad.
Rye Bread and Butter.
Apples Baked in Casserole (Jellied), Cream.
Tea.

MONDAY

Breakfast

Baked Sweet Potatoes, Butter.
Parsley Omelet.
Rye-meal Muffins or Waffles.
Cocoa. Coffee.

Dinner

Egg Plant, Stuffed with Nuts, etc. (Baked).
Lima Beans, Buttered.
Celery-and-Apple Salad.
Cherry Soufflé, Boiled Custard.

Supper

Cream-of-Celery Soup.
Browned Crackers. Cottage Cheese.
Apple Sauce, Cooked Slowly in Casserole.
Cocoa. Tea.

THURSDAY

Breakfast

Broiled Bananas.
Poached Eggs with Creamed Celery.
Toast. Yeast Muffins. Coffee.

Dinner

Nut Loaf, Brown Sauce.
Squash. Scalloped Onions and Tomatoes.
Noisette Bread.
Spinach-and-Egg Salad.
Grape Sherbet. Wafers.

Supper

Lima Beans, Hollandaise Style.
Noisette Bread and Butter.
Mayonnaise of Tomatoes and Celery.
Wafers. Apple Sauce. Tea.

TUESDAY

Breakfast

Grapes.
Broiled Tomatoes and Green Peppers.
Cream Toast. Popovers.
Coffee. Cocoa.

Dinner

Cheese Timbales, Tomato Sauce.
Egg Plant Fritters.
Boston Baked Beans in Salad.
Entire-wheat Biscuit.
Hot Apple Pie, Cream.

Supper

Eggs in Baked Potatoes. Dry Toast.
Apples Baked with Almonds, Cream.
Tea. Cocoa.

FRIDAY

Breakfast

Apples Baked with Dates, Cream.
Nut Muffins.
Coffee or Cocoa.

Dinner

New York Baked Beans.
Boston Brown Bread.
Scalloped Onions and Tomatoes.
Squash Pie. Coffee.

Supper

Cold Cauliflower or Cabbage, Mayonnaise Dressing.
Rye Bread and Butter.
Baked Pears. Oatmeal Macaroons.
Tea.

SATURDAY

Breakfast

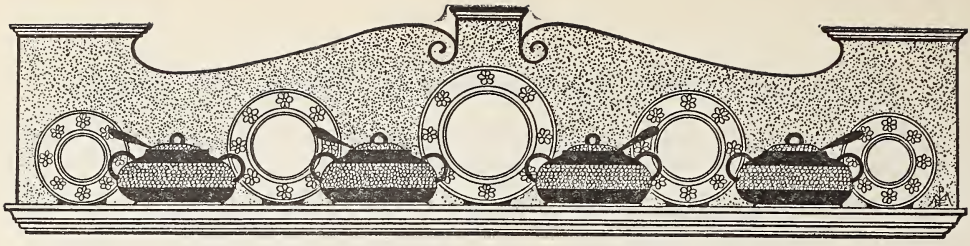
Barley Crystals, Sliced
Bananas, Cream.
Doughnuts.
Coffee.

Dinner

Corn Chowder.
Tomato Custard.
Boston Brown Bread.
Cabbage Salad.
Edam Cheese. Nut Wafers.
Coffee.

Supper

Creamed Celery on Toast.
Poached Eggs.
Cookies.
Cocoa.



After Breakfast Chat

By Janet M. Hill

"THE best things are nearest. . . . Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life."

"Beautiful home-making is the first and best career of any woman who is not an exceptional genius in some particular direction."

TO most of us the best part of the summer's outing is the return to our own firesides and the pleasures and joys of housekeeping. By those who are interested in any line of work—even housekeeping—every little thing that comes up during the summer vacation that has any bearing on the special subject in hand is carefully treasured; and the summer vacation, with its change of locality, mode of life, and chance association with new people, furnishes rich material that we are desirous of making over and adapting to our needs. Thus it is that with enthusiasm born of knowledge, as well as renewed health, the home-coming is looked forward to with pleasure, even though the rich autumn days in the country hold gracious promises to all that linger to enjoy them.

The subjects of conversation which probably most fully engross the attention of women in the average summer colony are clothes and food.

If we have learned anything of value regarding clothes and the way to wear them, anything that will add to the appearance or comfort of ourselves or families, or that will lessen the labor of keeping a family well dressed, let us treasure it; for personal appearance lies at the foundation of all real self-respect. An ill-dressed woman is never at ease and so never at her best, whereas the consciousness that one is well dressed gives an assurance and courage that will enable her to face almost anything that may arise.

But an article of apparel or a style of dressing the hair eminently becoming and suitable to one individual or to a certain occasion may not be appropriate to us on any occasion; and thought needs be given to something more than our mere liking of the idea or thing before we can adopt it and make it our own. If this be true in the matter of dress, how much more applicable is the idea when we are considering food? Your neighbor at table, a quiet, ladylike woman, whom you much admire, through some defect of constitution (probably a derangement of the heart), can take but little liquid. She drinks water but infrequently and in small quantity, at table she discards soup and milk. You call the attention of your active golf-playing daughters to this habit, and suggest that the quantity of fruit punch, lemonade, ginger ale, water, and milk in which they are constantly indulging is unnecessary, and savors quite of vulgarity.

The modern girl is quite liberally endowed with common sense; and, if her mother is to remain to her a figure in the foreground, she needs have a reason for the faith that is in her, and not advise indiscriminately as to what is and is not suitable in food.

The complaint is often heard that too much is expected of the modern woman, and that one cannot know everything; but this cry comes from those whose main resource is cards, rather than from earnest women who have in life some definite object to work for as a family or a calling.

Earnest, sincere women, in their new enthusiasm, will look into the why and wherefore of things, and reason out why Mrs. A. has been advised by her physician to eat or reject certain articles of food. She will also try to prepare satisfactorily certain articles of food which others have praised, but for which she always has held an aversion. To be sure, these are only little things, but they may become stepping-stones to more important matters.

The vacationist who has not returned home more tolerant of her neighbor's views, who has not learned to cultivate an appreciation of the good in those whose training and mode of life differ greatly from her own, has lost one of the best and most broadening influences of the summer outing.

Some October Vegetables

Two of the vegetables, tomatoes and corn, shown in the illustration on our cover, are universal favorites and deservedly so. In some sections of the country sweet corn, by succession of plantings, is kept in the market till Christmas; but in very many localities the season is much too short. Think of the wealth of dishes that may be made from fresh corn; and it is well-nigh as valuable, though its pristine sweetness be lacking, after it has been canned.

During the season boiled corn or steamed corn is an every-day item of fare; but unhusked corn cooked in the smouldering bed of a camp-fire is less common, though it be much more delectable. But, since the chance of turning aborigines for a season and of cooking in the open is not vouchsafed to all, let me suggest that you try cooking corn, freshly gathered from the stalks, under the flame in the lower oven of your gas range. Strip off the outer husks, loosen up the inner layers, and remove the silk. Then replace the inner husks, and set the corn beneath the flame. Cook from half to three-fourths an hour, or until the husks and corn are well browned. Frequent turning is essential, if the corn is to be browned uniformly. Eat as soon as cooked, first spreading the browned kernels liberally with butter, and adding a dash of salt and black pepper.

Corn on the cob is for days when the kernels are "in the milk." After the outer skin of the kernels has hardened a little, score the rows lengthwise, then press out the pulp, and make use of it in fritters, griddle-cakes, soufflé, custard, timbales, soup, succotash, chowder, and salad. Each of these dishes is well worth a trial, and many of them will be called for again and again. In all these dishes, save griddle-cakes, variety and additional flavor may be secured by combining the corn with tomatoes. You have never tried such a combination? Then do so at once, beginning with a broiled tomato above a green corn fritter. This is a dish from the land of blue grass, one of the homes of good cookery.

Tomatoes came originally from Mexico, where the scarlet of tomato and of pepper are companions in many a dish. Tomatoes are an all-the-year vegetable, in many localities. Those grown in hot-houses supplement the short season, in less favored lands. In some sections of New England, late frosts in spring and early frosts in autumn make the season of growth very short, and the fruit must be plucked from the vines in a green state and exposed to the sunlight until the characteristic red tint of the ripe tomato is secured. Such tomatoes bear no comparison in texture or flavor to those

ripened in the natural way. They will answer for cooked dishes, but not for an incomparable, fresh, tomato salad.

Year after year we have given tomato salads in these pages, and they have been a delight to the eye and delectable to the taste; but in the tomato salad, poinsetta style, given in our pages this month, the climax in tomato salads has been reached. Beyond this we do not expect to go. Select perfectly ripe, round, smooth tomatoes, follow the directions given in the recipe, explicitly, and enjoy first the picture, then the reality. The recipe comes from Tennessee, but it has been christened anew.

Concerning Company

By Ethel Williams

AS a rule, the chief anxiety of a hostess seems to be how she shall feed her guest. Now, while food is necessary and good, it is not the most important thing in life; and a visitor ought to care more for the society of her hostess than for an elaborate dessert or complicated dish. It is, of course, only natural to wish to give our friends the best; but let it be the best of ourselves rather than of material things.

The most perfect hospitality I ever experienced was that of a college chum who, some years after graduating, managed to get three classmates together for a couple of days at her summer home. On her way up from the station she said: "The market here is not very good, and Hannah is the plainest of plain cooks; but we will just eat what she provides, for I am not going to waste any time on food while you are here. I want to spend every minute enjoying *you*, for we may never be all together again." So we had an abundance of simple food, and were perfectly happy in seeing each other. We four have never been together again, and it is probable that we shall never have such another opportunity, but we look back on that two days, and feel that we have had one perfect visit. The guest who is worthy of being entertained at all comes to see you, not to eat your food or to upset your ordinary ways of life. The tendency is to make it all too much a matter of show rather than of friendship.

It is no wonder that our maids do not receive the announcement of approaching company with enthusiasm. Why, indeed, should they? All the trouble falls to their share, and none of the enjoyment. Moreover, much of the trouble is quite unnecessary. I know a family where all the "waiting on table" ordinarily required of the one maid is to remove the dishes between the roast and the dessert, with no more uniform than a clean apron over her calico dress; but, when there is company, behold a startling change! The usual plain dinner of two courses is expanded by the addition of soup, salad, and coffee, and the maid, hustled into some sort of black garments, has to cook the meal, and also serve it, as if she were "second girl" instead of "general housework." Is it any wonder that company is not considered an unmixed blessing in that kitchen? It is delightful to have our meals nicely served by a well-trained waitress, but, if we are not accustomed to so doing every day, any departure from our usual methods is sure to prove unsatisfactory. It is largely our own fault if we make hospitality a burden to ourselves and others. It ought to be the source of the purest pleasure.

Home Ideas and Economies

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Hilo, Hawaii.
July 6, 1905.

My dear Mrs. Hill,—I wonder how you would enjoy keeping house here, after your fine Eastern markets? I gave an engagement luncheon one day last week, and there had not been a lime or a lemon in town for three weeks. There was no cocktail sauce in town, either, and I could not substitute orange or pineapple juice for an oyster cocktail, as I did elsewhere. This is just one sample. I have to send away for paprika, as it moulds so quickly grocers will not keep it any more. I keep it tucked away in the safe, sealed with sealing wax, to circumvent the ants as well as the mould. Did you ever live where it was a perpetual warfare with ants and cockroaches?

Celery and cauliflower do not do well at our low elevation, but they grow well at the volcano, and we have friends who sometimes supply us. We are more fortunate than most in being able to have things come up on ice from Honolulu once a week. We have had strawberries from there ever since December. Two old Chinamen here raise strawberries, small and sour, but in such limited quantities, owing to the mynah bird and Japanese beetles, that the price is very high. However, there is a strawberry guava, which can be utilized in many ways, where only juice is required. We sometimes make them into shortcake, but the large seeds nearly break one's teeth. There is also the akala berry, by some called the raspberry, that makes a nice shortcake, helped out with pineapple, bananas, and oranges. The juice makes a delicious milk sherbet, and, strange to say, it tastes like raspberry, while the fruit itself has no such taste. We can get three and four pound pineapples for ten cents. Figs are not always in the market, but you can get them from Portuguese at almost any season. We have mangoes and alligator pears, Isabella grapes, and guavas now. The Portuguese grow almost all the grapes, and nothing but Isabellas, so grapes are imported. They come principally from California. We have bananas all the year around. Like pineapples, they grow themselves. This recipe, so far as I know, is original:—

Bananas au Caramel

PEEL three bananas, and cut them into strips. Lay these into a baking-dish, dredged with a tablespoonful of flour and a teaspoonful of cinnamon. Put in two tablespoonfuls of butter, cut in little bits, and sprinkle with two tablespoonfuls of sugar and a little salt. Pour in half a cup of boiling water. Bake quickly. Serve hot as a vegetable or cold with cream as a dessert.

Are nuts in recipes weighed before or after shelling? If the latter, it would take several pounds to make a quarter of a pound. Nuts spoil so quickly here.

Fish is another thing you would expect us to have in abundance, but there are so few varieties white people can eat that fish is always high and scarce. If you are interested in the islands, I will see if Mr. McKay has not some

tourist literature that might interest you. It certainly is a fascinating place. The climate is more or less enervating, and one can do nothing, and keep most beautifully busy, too. I wish I could send you a slice of to-day,—one of our perfect days,—so that you might sample Hawaii Nei.

My personal cooking is limited to Chinese New Year's and when the boy is sick. He is an ideal servant, and I have had him nearly four years. He can read some English, but not a written recipe. I mean written in a paragraph; but, if all the ingredients are specified at the top, he can worry it out. But I can read him the most complicated recipe, and he not only will make it then, but I will never have to tell him again. As for myself, no matter how often I make a thing, I have to have the book in front of me.

Sincerely yours, —— ——

I enclose recipe direct from Paris, France, which is highly valued as an appetizer. The piquant flavor is retained as long as the relish lasts.

Tomato Relish

PEEL, chop, and drain a peck of half-ripe tomatoes. Add two cups of chopped celery, six onions, and six mango peppers, chopped fine (remove the seeds from the peppers before chopping them), one pound of brown sugar, two quarts of vinegar, one cup of salt, two ounces of mustard seed, and a little nutmeg. Mix thoroughly, and store in jars. This relish will keep indefinitely without cooking or heating. Mrs. H. M. V.

THROUGH the hot weather it looks cool and attractive to use green vine leaves under fresh fruit, such as currants served on the stem, frosted in sugar, or unsweetened, if fully ripe. Under Neufchatel cheese tender vine leaves are pretty also. When the autumn turns the maple leaves brilliant red, they may be used at a luncheon party, not only for table decoration, but upon the salad plates; for instance, under a celery and nut salad, or one of potato and cucumber, or any other salad that will contrast well.

Women Grocers

NOW that groceries come largely in packages, making the handling and delivery far less troublesome, it is surprising that women left to support themselves, or young girls desiring to start in business, do not go into the retail grocery business. Often the house which adjoins the store is a comfortable apartment where a widow could have her half-grown children near her. Many business places are started, at first, as a branch of some well-known firm, to which the larger orders are sent by 'phone. A refined class of customers could be suited by a woman who was herself familiar with household needs and methods. Many men and youths know only what is in demand, and, unless observing in their own home, know nothing of the why and wherefore, and consequently think their patrons "cranky," etc.

Women now send so many home products to groceries for sale, instead of to Woman's Exchanges, that it would seem as if, in running a grocery store, they could select good home cookery, and make it a special feature. For instance, bread, rolls, currant and raisin breads, doughnuts and crullers, cakes and cookies, and at some stores pies, preserves, and pickles, and even mayonnaise dressing and salted nuts, are supplied from a home kitchen.

In suburban places, where a general business is done, and tinware and china, etc., could be on sale, it seems as if women could find a work to do. In winter they could demonstrate certain dishes and sell the necessary gro-

ceries, also moulds and spoons and strainers. This would apply where a mother and daughters took the business. Of course, one woman could not oversee the store and do cookery.

Covering Jellies and Making Jellies in Winter

THERE are many ways of sealing jellies. The old-time way of using a paper wet in rum or brandy directly upon the surface before covering the top of the glass with a paper tied with string is still a favorite one. Paraffine wax has its advocates and opponents. Some good housekeepers say that, since jellies harden with a concave surface, the wax settles there thicker with less around the sides of the glass. As the paraffine cools, it shrinks away from the glass, and so it fails to fulfil its mission.

A new method is to cover the top of the jelly, when perfectly cold, with *pulverized* sugar, a half inch or more deep. Over this goes the paper, excluding air and dust. Instead of tying the paper around the glass, it is easier to paste it; and this method is quicker, and gives greater security. The glasses may not look quite as pretty and the contents are concealed more, but label the glasses upon the top, and you will not need to hold them to the light to identify the desired kind.

Make a rather thin, raw paste. Use a strong, pliable, light yellow paper. Cut it large enough to adhere well down the sides. Dip it in the paste, which is convenient to use if placed in a shallow dish or deep plate. Drain off any extra paste, and place the paper over the glass, pressing it in pleats firmly down around the sides of the glass. No string will be needed. When the top is dry, it will be as tight as a drumhead, for the paper, when wet, stretches, as any one used to preparing paper for water-color painting well knows.

To open when wanted for the table, it is easier to cut around the edge, inside the glass, and remove the circle. Then, after slipping the contents out, the glass may be put into water, where the paper will soon soak off from the sides.

If you do not wish to make jelly in hot weather, because of the great heat, or because sugar is high or glasses fail to come, or if you do not care to invest in many dozens of them, or if your jellies are apt to crystallize, or if your house is damp, and they do not keep well when it is closed, or for any other reason, such as uncertainty about the number of your family the next winter, it is well to leave the jelly-making until winter, and merely can the juice, *without any sugar*, in any of the best varieties of modern glass jars. When the dull, gloomy autumn and winter days or evenings come, when no one calls, and you are tired of reading or sewing, you can easily take whatever amount of your fruit juice is needed, and, by adding the requisite amount of sugar, soon complete an array of tempting jelly.

Any fruit juice not used as jelly can be made into delicious pudding sauces, frozen desserts, and many fruit punches, or simply iced or chilled, and taken in place of wine. Serve it in wine or lemonade glasses or small tumblers. Strawberry, blackberry, raspberry, gooseberry, and almost all fruit juices make a delicious beverage. JULIA DAVIS CHANDLER.

Green Tomato Mincemeat

CHOP fine four quarts of green tomatoes. Drain off all the juice, and cover with cold water. Let it come to a boil, and scald for thirty minutes, then drain well.

Add two pounds of brown sugar, one pound of seeded raisins, one-half pound of chopped citron, a large half-cup of

fine-chopped suet, one tablespoonful salt, juice of one-half dozen lemons. Stir well, and cook slowly until thick. When cold, add one teaspoonful, each, of ground cinnamon, cloves, and nutmeg.

I have found paprika superior to red pepper in tomato ketchup, adding to taste, color, and flavor.

A good foundation for fruit sherbets or water ices is made by cooking and straining apples as for jelly. Add any or several kinds of fruit or berry juices to this, and sweeten to taste.

M. B. L.

Some Menus from "The Norwood," Northampton, Mass.

American Plan, Rates, $2.50 to $4 per day

THESE menus are published to illustrate the tendency quite prevalent to-day toward shorter menus. With shorter menus more attention to cookery and service is possible.

Breakfast in July.

Berries.
Barley Crystals. Cream of Wheat.
Broiled Blue Fish. Creamed Codfish.
Veal Cutlets, Breaded.
Hamburg Steak, Broiled.
Dry Hash. Bacon.
Eggs Cooked in the Shell.
Eggs Scrambled, with Chopped Ham.
New Potatoes, Baked. Brown Hashed Potatoes.
Wheat Cakes.
Rye-meal Muffins. Coffee Cake. Cream Toast.
Coffee. Tea.
Marmalade.

Noon Dinner.

Consommé Frappé.
Pin Money Pickles. White Onions.
Broiled Chicken Halibut, Hollandaise Sauce.
Spring Lamb, Roasted.
New Turnips. New Potatoes.
New Corn Cooked with Milk.
Sliced Tomatoes, French Dressing.
Sliced Peaches with Cream.
Watermelon.
Bisque Ice-cream. Assorted Cake.
Roquefort.
Coffee.

Breakfast.

Oranges. Bananas.
Shredded Wheat. Hominy.
Broiled Salted Mackerel.
Fried Sword Fish.
Grilled Lamb Chops. Calf's Liver, Sauté.
Broiled Ham.
Anchovy Toast, with Poached Eggs.
Saratoga Chips. Lyonnaise Potatoes.
Omelets and Eggs to Order.
Wheat Cakes.
Graham Rolls. Corn Bread.
Cold Meats.
Red Currant Jam. Marmalade.

Noon Dinner.

White Soup, Vermicelli.
Bengal Club Chutney. Radishes.
Broiled Fresh Mackerel.
Lamb Cutlets and Asparagus Points.
Rib of Beef, Roasted.
Fricassee of Chicken.
Havana Onions. Mashed and Boiled Potatoes.
Lettuce and Tomato Salad.
Apple Pudding, Lemon Jelly.
Iced Lime Cup, with Maraschino Cherries.
Roquefort, Edam, and American Cheese.
Saltines.
Coffee. Iced Tea.

Friday Supper.

Clam Broth.
Fried Soft-shell Crabs, Tartare Sauce.
Chow Chow.
Domestic Frankforts with Potato Salad.
Broiled Sirloin Steak.
Broiled Honeycomb Tripe.
Cold Ham. Lamb's Tongue. Dried Beef.
Baked and Sautéd Potatoes.
Dressed Lettuce.
Dry and Cream Toast. Cream Tartar Biscuit.
Sliced Pineapple. Strawberries.
Cake.
Coffee. Cocoa. Iced Tea.

Too much Underbaked Bread

"BREAD is the staff of life, and bread and butter is a gold-headed cane," says somebody; but, unless it is well baked, it is like a broken staff, not to be depended upon. It is surprising how many excellent cooks provide half-baked bread for their families. The test is so easily made: simply roll a crumb in the fingers, and, if it forms a ball or pellet, it is not done. If it falls apart into tiny crumbs, it is sufficiently baked. The importance of

this rests upon the fact that the first process of digestion takes place in the mouth. The saliva enters into chemical action with the starch, and, unless this takes place here, it cannot undergo any further process of digestion until it leaves the stomach and enters the intestines. Now, if the bread is not well done, the starch cells are not burst, and the saliva cannot act upon them. The dough forms itself into pellets, and enters the stomach in this condition. This is likely to cause a serious irritation of the stomach, and is the occasion of a great many cases of illness that are attributed to various causes or none at all. If the doctor knows the cause, he is too timid to mention it. In fact, it is similar to the disorder caused from eating green fruit.

"My husband has poor teeth, and objects to hard-baked bread," says a kind housewife, who bakes from four to six loaves in a pan,—excellent bread, too, if only it were sufficiently baked. Small wonder her husband has poor teeth! Greater the surprise that he has a stomach!

"I do not bake my own bread since baby came," says a young housewife,—and, by the way, college-bred, too,—"but we get the most excellent home-baked bread; and, as we are fond of fresh bread, we get it smoking hot three times a week." Her poor husband suffers agonies with his stomach, as she humors him to what he likes best. And it is their boast that they almost live on bread!

There is no better food than sweet, light, well-baked bread; and we would be better men and women, both physically and mentally, if we were satisfied to forego elaborate menus, and depend largely upon bread with butter for fat and eggs or meat for proteid; but the bread *must* be good and well baked.

Miss Helen W. Atwater says, "Heavy, badly raised bread is a very dangerous food, and, unfortunately, very common; and probably more indigestion has been caused by it than by all other badly cooked foods."

GRACE F. LOVE.

I NOTICE C. B. Smith's article on strawberries, and by experience I know he is in error in one instance, or it would be for those growing strawberries in this section, where he says "that every runner the mother plant sends out must be promptly cut off." The growers here who have the best results leave four runners to every healthy plant, this fashion X, no more runners extending from these four small ones, as they claim the mother plant forms too many crowns for good results where all are cut off. We had some of the finest berries on the market last spring, but aim to raise only for our own use.

BERTHA ELY, in her recipe for preserving eggs, published in August–September magazine, does not give the quantity of water to be used. I have friends who have lost dozens of eggs by using too much lime. The lime eats into the shell, and spoils the flavor of the egg. The correct proportions are one pint of slacked lime, the consistency of cream, one cup of salt, and three gallons of water. I have used this method, but do not now, as, in taking out the eggs, the lime is so disagreeable to the hands. I prefer the method recommended by the United States Department of Agriculture.

How to preserve Eggs

IN preserving eggs, one point is aimed at, and that is the exclusion of air. For the last two or three years we have used that cleanly method the United States Department of Agriculture has given or recommended, a solution of water glass, also variously known as soluble glass and silicate of soda. Its cost is comparatively low, obtained

here at twenty cents a pint. To use it, fill an earthen or water-tight wooden vessel with the eggs. To one part water glass add ten parts tepid water, stirring water slowly and thoroughly into the glass solution. When cold, pour this mixture gently over the eggs, using sufficient to immerse them. Three pints of water glass and fifteen quarts of water will generally cover fifty dozen eggs. Keep vessel covered and in a cool place. It is said that eggs will keep perfectly three years, in this solution. Eggs put down in this manner in July are as fresh in appearance and quality as those laid in January, and will sell readily at the price of fresh eggs. The eggs will be just as fresh when taken out of this solution as they are when put in.

Grape Wine

THIS wine can be made from cultivated or wild grape, the wild grape making a richer wine. For medicinal purposes it is preferable to nine-tenths of the wines sold. With age it is excellent.

Take twenty pounds of ripe, fresh-picked and selected grapes. Put them into a stone jar, and pour over them six quarts of boiling water. When sufficiently cool to allow it, squeeze them thoroughly with the hand. Let them stand three days on the pomace. Then press out the juice, add ten pounds of granulated sugar or four pounds to the gallon, and let remain a week longer in the jar. Strain and bottle, leaving a vent until done fermenting, when strain again. Bottle and seal. The last straining, if possible, should be done through a wad of cotton in a glass funnel, which would properly be termed filtering. All sediment must be removed, in order to keep the good pure flavor. The sugar, if dissolved in water and cooked until a rich syrup and then blended with the juice, will quicken the process of fermentation. Miss Emma C. Matern.

Mulching Strawberries

AFTER the ground is frozen in the fall, the strawberry bed should be mulched with some coarse material, like straw or marsh hay. Between the rows it may be put on five or six inches deep, while directly over the rows it should not be over two inches deep. This mulch prevents the ground from freezing and thawing during warm spells in winter which might heave out the plants, and, if not removed too early, delays blossoming period, which is an advantage when the bed is located in low, frosty ground. This mulch is removed before growth starts in the spring, in March or April, from directly over the hills and left around the plants until after the fruit is harvested. This mulch keeps the berries free from dirt which would spatter on them each heavy rain.

After fruiting, the mulch is removed and the vines cut down with a scythe, and, when dry, burned. This kills many insects and disease spores, and the new growth, which soon springs up, is clean and vigorous.

The question as to how long a bed should be left in bearing before a new one is set out will depend on the condition of the bed. Our best growers plant out a new bed every spring and destroy the old one, claiming that it is cheaper to set out a new one than to clean out the old one. It is also true that the first crop of berries is usually the heaviest. Very satisfactory results, however, will be secured by fruiting the bed two years. A number of varieties do not give the best yields until the second year. After the second year, however, a new bed should be set out.

By writing to the United States Department of Agriculture, Washington, D.C., a well-illustrated bulletin on strawberry culture may be obtained free of cost. C. B. S.

QUERIES AND ANSWERS

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1058.—Miss L. F., Brooklyn, Ohio: "Recipe for 'perpetual' yeast, made of potatoes."

Potato Yeast

Pare four or five large potatoes, and cover with cold water to keep them from discoloring during preparation. Grate the potatoes, and stir them, as they are grated, into two quarts of water boiling over the fire. Let cook about ten minutes after all the potato is grated, then stir in one-fourth a cup of salt and three-fourths a cup of granulated sugar. Let cool to about 68° F., then stir in one pint of yeast (that left from a previous making is preferred). A dry yeast cake (such as magic yeast), softened in half a cup of lukewarm water, may be used as a starter. Let the mixture stand about twenty-four hours in a temperature of about 68°, stirring it down whenever it becomes light and frothy. Store in fruit jars, filling the jars not more than half full. The yeast is in best condition at the first opening of the jar, and one jar should be reserved to start a new lot of yeast. In making bread, use half a cup of this yeast to a pint of liquid.

QUERY 1059.—M. T. R., Exeter, N.H.: "In the recipe for Chili sauce, page 594, 'Practical Cooking and Serving,' are the seeds to be removed from the peppers?"

Pepper Seeds in Chili Sauce

The removal of the seeds from the peppers to be used in Chili sauce is entirely a matter of individual preference. As pepper seeds are extremely pungent, we think the general preference would be to omit them.

QUERY 1060.—Mrs. H. O. C., Germantown, Pa.: "Recipes for sweet peppers stuffed with meat and baked, also for rice cooked with cheese."

Sweet Peppers, Stuffed and Baked

If the peppers be large, cut them in halves, crosswise, remove the seeds and cut off the stem, or leave them whole save cutting out a round place around the stem. For six peppers take about two cups of cooked meat, chicken, veal, or lamb, chopped fine. Grate or chop a small onion fine. Add also, if at hand, a tablespoonful of fine-chopped parsley or mushrooms, season with half a teaspoonful or more of salt, and mix all thoroughly. Use the mixture to fill the peppers. Set them into an agate pan, and pour a cup of light stock or hot water around them. Bake about half an hour in a moderate oven. Baste the peppers (not the filling) every ten minutes. Chopped nuts and bread crumbs, half and half, or more nuts than crumbs, or mushrooms and crumbs, may take the place of the meat.

Rice with Cheese

Put a cup of rice over a quick fire with plenty of cold water. Let boil five minutes after boiling begins, then

drain and rinse in cold water. Melt two or three tablespoonfuls of butter in a frying-pan. Add half an onion and the rice. Let cook until the butter is absorbed, then add one cup of tomato pulp (cooked tomatoes passed through a sieve to exclude the seeds), a teaspoonful of salt, half a teaspoonful of paprika, and two or three cups of stock or water. Let cook until the rice is tender and the liquid absorbed, then with a silver fork carefully lift up the rice, and add half a cup of grated cheese. Serve very hot.

QUERY 1061.—R. B. L., New York: "A tested recipe for fine pound cake, with explicit directions for making and baking."

Pound Cake

The recipe that follows is the same that has been given several times in this magazine. To insure success, powdered sugar should be used. Cream one cup of butter. Gradually beat into it one cup and a half of sifted powdered sugar. Then beat in the well-beaten yolks of four eggs. When light and fluffy, beat in, alternately, half a cup of milk and two cups (half a pound) of sifted flour, sifted again with half a teaspoonful of mace and one *level* teaspoonful of baking-powder. Lastly beat in the whites of four eggs, beaten dry. Bake in a tube pan about fifty minutes. The heat of the oven should be quite moderate. The cake should not brown on the top until after it has been in the oven nearly half an hour.

QUERY 1062.—Mrs. F. W. H., North Chelmsford, Mass.: "Recipes for cake other than sponge or chocolate."

White Cake

Cream one cup of butter. Beat in gradually one cup and three-fourths of fine granulated sugar, then, alternately, one cup of milk and three cups of flour, sifted with four level teaspoonfuls of baking-powder. Add half a teaspoonful of almond extract and the whites of four eggs, beaten stiff. Bake in a sheet, in a moderate oven, about forty minutes.

Entire-wheat Fruit Cake

Beat half a cup of butter to a cream. Gradually beat in one cup and a half of sugar, then add one cup of sultana raisins from which the stems have been picked, then one egg beaten light, and, alternately, one cup of thick sour milk and two cups of entire-wheat flour, one-third a cup of pastry flour, half a teaspoonful of soda, and one and one-half teaspoonfuls of mixed spices,—cloves, mace, and cinnamon. Bake in small tins. The recipe makes eighteen little cakes. Currants or broken nut meats may replace the raisins.

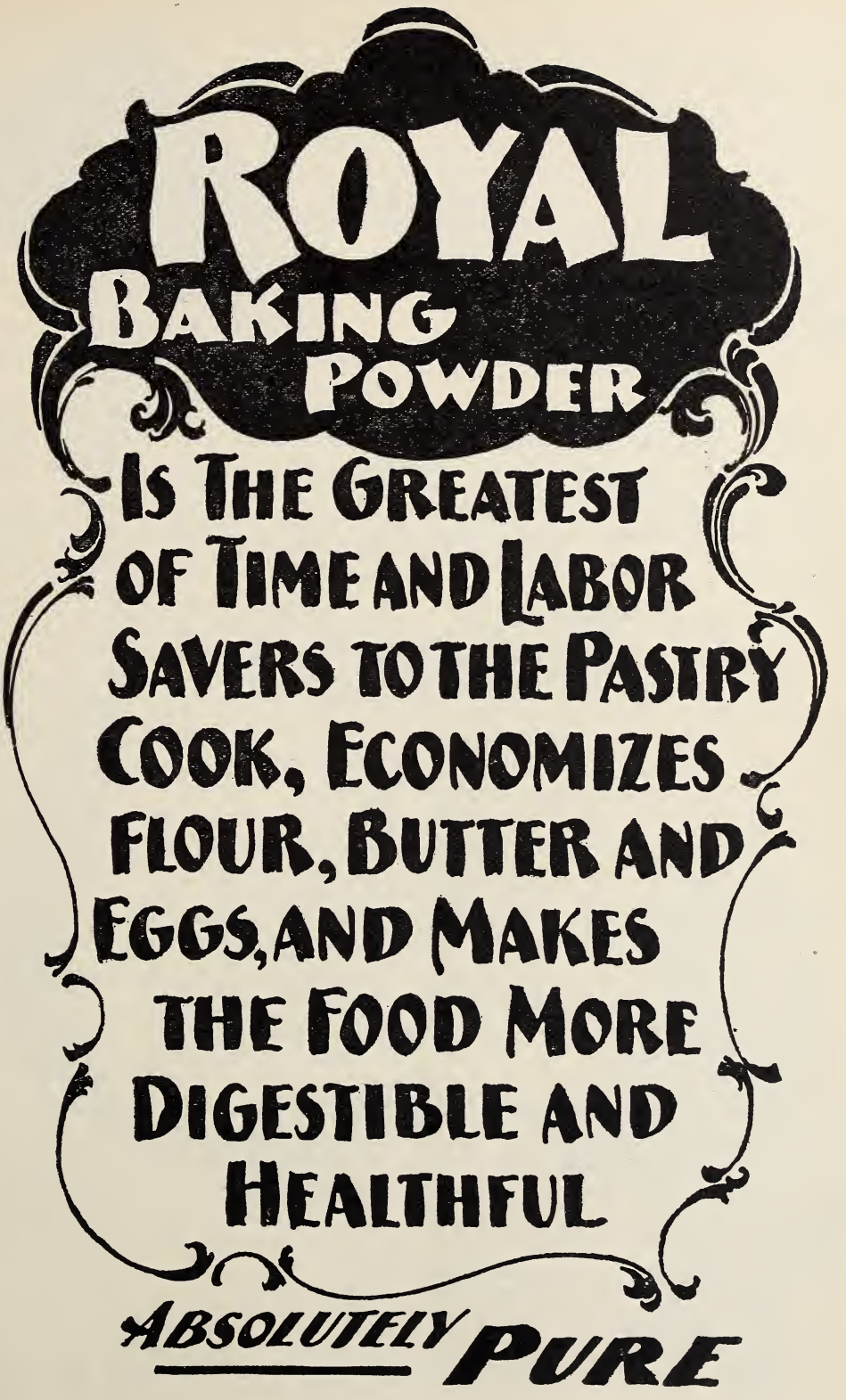
QUERY 1063.—Mrs. T. G. R., Watertown, N.Y.: "Recipes for salt-rising bread and Welsh rabbit."

Salt-rising Bread

Into a pint of lukewarm water stir flour to make a drop batter. Let stand in a vessel of lukewarm water, in a warm place, keeping the temperature as nearly 70° F. as possible. When light and foamy, in eight or ten hours, add a quart of lukewarm water, two teaspoonfuls of salt, and flour to make a batter rather stiffer than before. Keep at the temperature of about 70° F., and, when again light, turn into pans, and, when nearly doubled in bulk, bake in an oven of ordinary temperature for bread. A recipe in which sugar, shortening, and a tablespoonful of white corn-meal was used, was published on page 104, Vol. VII., of this magazine.

Welsh Rabbit

Let a tablespoonful of butter melt and run over the bottom of the blazer.


ROYAL
BAKING
POWDER
IS THE GREATEST
OF TIME AND LABOR
SAVERS TO THE PASTRY
COOK, ECONOMIZES
FLOUR, BUTTER AND
EGGS, AND MAKES
THE FOOD MORE
DIGESTIBLE AND
HEALTHFUL
ABSOLUTELY PURE

Put in half a pound of cheese, grated or cut fine, and stir constantly until the cheese is melted. Then add one-fourth a teaspoonful of salt, half a teaspoonful of paprika, and the yolks of two eggs, beaten and diluted with half a cup of cream, ale, or tomato purée, and stir constantly until the mixture thickens and is smooth. Then serve on the untoasted side of bread toasted upon one side. For variety spread the bread with anchovy paste before turning the rabbit upon it.

Query 1064.—Mrs. E. W. Hynes, California: "Recipes for fruit cocktails, flavored with sherry, to be served at the beginning of a luncheon. I can always get oranges and prunes. Also, if a given recipe is to be prepared by steaming, can it be baked instead, and, if so, will it require a longer or shorter time?"

Peach Cocktail

Pare a peach for each service. Cut in thin slices, and squeeze over these a little lemon juice, just enough to keep the fruit from discoloring. Sprinkle with powdered sugar, and serve icy cold in punch glasses. Orange or pineapple pulp and juice may be mixed with the bits of peach. Sherry in small quantity may be added at pleasure. Sometimes a tablespoonful of chipped ice is mixed with the fruit, but the better plan is to chill the mixture by letting it stand a short time surrounded with broken ice. Salt may be mixed with the ice, to expedite the chilling process.

Orange Cocktail

Prepare as above, using bits of orange from which skin and membrane have been removed. Lemon juice is not needed, but the orange juice should be retained. Slices of banana, bits of pineapple, white grapes, skinned, cut in halves, and seeded, or pieces of steamed prune or uncooked dates, figs, or pieces of canned fruit, may be added to the orange. Do not have the pieces of fruit too large.

Prune Cocktail

Cook the prunes just enough to remove the stones easily. Sweeten slightly while cooking. Chill thoroughly, then cut the flesh into small

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At the Parsonage

Coffee runs Riot no longer

"Wife and I had a serious time of it while we were coffee-drinkers.

"She had gastritis, headaches, belching, and would have periods of sickness, while I secured a daily headache that became chronic.

"We naturally sought relief by drugs and without avail; for it is now plain enough that no drug will cure the diseases another drug, coffee, sets up, particularly so long as the drug which causes the trouble is continued.

"Finally, we thought we would try leaving off coffee and using Postum. I noticed that my headaches disappeared like magic, and my old "trembly" nervousness left. One day wife said, "Do you know my gastritis has gone?"

"One can hardly realize what Postum has done for us.

"Then we began to talk to others. Wife's father and mother were both coffee-drinkers and sufferers. Their headaches left entirely a short time after they changed the old coffee for Postum. I began to inquire among my parishioners, and found to my astonishment that numbers of them use Postum in place of coffee. Many of the ministers who have visited our parsonage have become enthusiastic champions of Postum." Name given by Postum Company, Battle Creek, Mich.

There's a reason.

Read the little book, "The Road to Wellville," in each package.



Enough for the average family in each can

21 KINDS

WITH YOU soup making is merely an incident in housekeeping;
WITH US soup making is our daily, hourly business.
YOU have to buy, blend, boil, fret over it.
WE attend to all that for you.

Campbell's
SOUPS

Pure, Savory, and Delicious, and equal to the highest grade of home-made soups. Costs but a dime and is prepared in a minute.

JOSEPH CAMPBELL COMPANY
42 Penn Street, CAMDEN, N.J.



Polly, put the kettle on;
We need a little heat,
So we can make enough of soup
To give them all a treat.

"JUST ADD A CAN OF HOT WATER AND SERVE"

neat pieces, discarding the stones. To the juice add lemon or orange juice (one or both), and sherry at pleasure. Pieces of canned peaches, pears, fresh pineapple, bananas, or of maraschino cherries, are suitable fruits to combine with prunes. Fruit cocktails are served as a fruit course at dinner or luncheon, particularly the latter.

Cooking by Steaming or Baking

Nearly all recipes in which steaming is the mode of cooking indicated may be prepared by baking. Especially is this the case with flour mixtures. A pudding made of flour, to be steamed two hours, might be baked in at least half that time. We are unable to give a rule that would cover all cases.

QUERY 1065.—Mrs. D. G. P., Los Angeles, Cal.: "Recipe for a frosting for a lemon pie."

Meringue for Lemon Pie

Allow twice as many level tablespoonfuls of sugar as there are whites of eggs, and as many whites of eggs as are conveniently at hand. Two whites will do, but three are better, and four will be required, if the last of the meringue mixture be put on with pastry bag and tube. Beat the whites until dry, then gradually beat in half the sugar. Continue beating until the mixture is very glossy and firm, then "cut and fold" into it the last half of the sugar. Let the pie cool a little before the meringue is spread over it. Set the pie into a moderate oven, to cook the meringue. After ten minutes, longer if the meringue is very high, increase the heat, if necessary, to color the meringue slightly.

QUERY 1066.—Mrs. C. M. C., Chicago: "Recipe for crullers, a cake similar to a doughnut, but thinner and crisper."

Knots

Cream one-fourth a cup of butter. Gradually beat in three-fourths a cup of sugar, then one egg and the yolk of another, beaten without separating the white from the yolks. Add the grated rind of a lemon or orange, one-fourth

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Get Power

The Supply comes from Food

If we get power from food, why not strive to get all the power we can? That is only possible by use of skilfully selected food that exactly fits the requirements of the body.

Poor fuel makes a poor fire, and a poor fire is not a good steam producer.

"From not knowing how to select the right food to fit my needs, I suffered grievously for a long time from stomach troubles," writes a lady from a little town in Missouri.

"It seemed as if I would never be able to find out the sort of food that was best for me. Hardly anything that I could eat would stay on my stomach. Every attempt gave me heart-burn and filled my stomach with gas. I got thinner and thinner until I literally became a living skeleton, and in time was compelled to keep to my bed.

"A few months ago I was persuaded to try Grape-nuts food, and it had such good effect from the very beginning that I have kept up its use ever since. I was surprised at the ease with which I digested it. It proved to be just what I needed. All my unpleasant symptoms, the heart-burn, the inflated feeling which gave me so much pain, disappeared. My weight gradually increased from 98 to 116 lbs., my figure rounded out, my strength came back, and I am now able to do my housework and enjoy it. The Grape-nuts food did it." Name given by Postum Company, Battle Creek, Mich.

A ten days' trial will show any one some facts about food.

"There's a reason."

Purity

IT'S a word suggestive of everything clean and wholesome. And that is just what Squire's Kettle Rendered Pure Leaf Lard *is*,—clean and wholesome. *Clean* because we insist on perfect cleanliness in every part of our immense factory. *Wholesome* because it is *clean*, and because it is *pure*,—made from the leaf of healthy, corn-fed pigs, and unadulterated.

Healthy because every animal that comes into our factory is subjected to United States government inspection, resulting in the rejection of hundreds of them and a consequent loss of thousands of dollars. *But*—you could not ask for a better guarantee of quality.

Squire's Kettle Rendered Pure Leaf Lard always presents that attractive, crinkly surface that characterized your grandmother's home-made lard, and it is every bit as wholesome. It has been the standard for New England housewives for more than sixty years. Its wonderful shortening qualities much more than offset the small increase in cost over ordinary brands. Sold by the best dealers. Be sure you get Squire's, made only by



JOHN P. SQUIRE & COMPANY,
BOSTON, MASS.,

Makers of Squire's "Arlington" Sausage and Squire's High-grade Hams and Bacon.

a teaspoonful of mace, half a teaspoonful of salt, two level teaspoonfuls of cream of tartar, half a teaspoonful of soda, and about four cups of flour, alternately, with half a cup of milk. Cut off bits of the dough, and roll into the size and shape of a lead pencil. Tie in loose knots, and fry in deep fat. Drain on soft paper, and dredge with powdered sugar.

QUERY 1067.—J. D., Darlington, Wis.: "Give the exact quantity of flour to be used in making the plain coffee cake given in the June–July, 1905, magazine. Is the dough kneaded?"

Flour in Plain Coffee Cake

At this time we cannot give the exact quantity of flour that was used in the coffee cake referred to. Probably between four and five cups. The dough is not kneaded, but is of the consistency of a drop batter. Turn the dough into the baking-pan, then smooth the top with a knife.

QUERY 1068.—Mrs. E. C. M., Illinois: "Kindly give proper points to be considered when examining cake (light and dark) and bread (white, rye, and whole-wheat) for prizes at county fairs."

Points Possessed by Good Cake

1. The exterior should be of a uniform color, neither too light nor too dark.

2. The top of the cake should be nearly level and without cracks.

3. The texture should be fine-grained and of uniform lightness.

4. If fruit be used, it should be distributed evenly throughout the cake.

Points Possessed by Good Bread

1. The outside should be of a nearly uniform tint, neither too light nor too dark.

2. The loaf should not bulge over the sides of the pan.

3. The exterior should be nearly smooth (without lines) on all sides of the loaf.

4. The odor and flavor should be sweet and agreeable.

5. The bubbles of the crumb should be uniform in size and small.

6. When two loaves are baked in one pan, and broken apart, the crumb exposed should rebound when compressed.

In a restaurant in a small town not far from Kansas City is a waitress who writes poetry. The other day she approached a traveling man who had just sat down at a table, and surprised him by saying:—

I'm delighted to say
We have bean soup to-day,
Some roast lamb and steak.
Now which will you take?
Then coffee and tea.
Please order of me.
The meal's cooked by ma,
Tra la, la, la!

The traveling man knew a little about rhyming, too, and he came right back with:—

On soup I'll begin it,
With a bean or two in it.
Some coffee I speak,—
Have it healthy, not weak.
Some steak then I'll chew,—
Bring the cleaver in, too.
That's all. Keep your lamb,
It's not worth a ——, hang,
And kindly be quick,
Tra, la, la, lick!

Kansas City Times.

To destroy disease germs and foul gases, the waste-pipes, sinks, closets, cellars, and every suspected spot should be regularly purified with

Platt's Chlorides

The Odorless Disinfectant.

Sold in quart bottles only, by druggists and high-class grocers.
An illustrated booklet with valuable sanitary hints mailed free.
Address HENRY B. PLATT, 42 Cliff Street, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhœa, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."

WEDDING GIFTS



of Gold or Silver will surely tarnish before the honeymoon is over, but there's a way to restore its original brilliancy easily, quickly and safely. Use

ELECTRO *Silver Polish* **SILICON**

If you begin right and continue the right method of cleaning, the care of your ware is simple and its beautiful brilliancy life-long. At Grocers and Druggists everywhere.

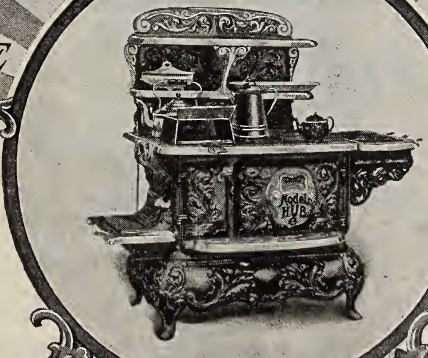
Trial quantity for the asking.
Box postpaid 15 cts. (stamps).
"SILICON," 30 Cliff Street, New York.

HUB RANGES

AND THE

RISING SUN

ONE AS RELIABLE AS THE OTHER



Examine the
BROILER HOOD
Used in connection with a
NEW FRENCH SECTIONAL TOP
No other range has it.

Made with or without gas attachments

Manufactured and warranted by
SMITH & ANTHONY CO.
48-54 Union Street
Boston, Mass.

Book Reviews

A Little Cook-book for a Little Girl. Cloth, small 12mo. Price .75. Boston: Dana Estes & Co.

This little handbook is just what it claims to be, and is suitable for girls from seven to fourteen who wish to learn how to make plain or pretty dishes. It tells in a simple way how to prepare cereals and eggs, fish and meats, soups, salads, vegetables, desserts, and ices. Directions are also given for making candy as well as light luncheons for carrying to school. The writer is the author of "Gala Day Luncheons"; and the greater part of her present volume has appeared in current numbers of *Good Housekeeping*. The recipes are very plainly and pleasantly described. From the use of the book children may gain much of pleasant and profitable instruction. And, besides, the only way to learn how to cook is to begin.

According to announcement the American School of Home Economics has a large and efficient corps of instructors, and offers complete courses in every branch of modern home-making. Especial attention is given to correspondence teaching. To this end an excellent series of lesson papers, or books neatly and uniformly bound, have been prepared by the respective teachers, so that the best results of correspondence teaching can be obtained. Some of these booklets we shall review in future numbers of the magazine. The entire plan of instruction by the school is from the useful, practical point of view; and yet the standard or ideal aimed at is high, as will be seen from the following definition of the profession of home-making:—

"Home Economics stands for the ideal home life for to-day, unhampered by the traditions of the past.

"The utilization of the resources of modern science to improve the home life.

"The freedom of the home from the dominance of things and their due subordination to ideals.

"The simplicity in material surroundings which will most free the spirit for the more important and permanent interests of the home and of society."

John Kendricks Bangs was lunching with a friend at the New York Yacht Club when he happened to catch sight of the motto, *Lux et Veritas*, on the building of the Yale Club across the street. "That's nice," he said, turning to his friend. "Why don't you yacht-club chaps put a motto on your own door? If the Yale Club can use *Lux et Veritas*, why can't you fellows use *Ducks et Demitasse?* It's quite as appropriate."





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THE ORIGINAL WORCESTERSHIRE

The Peerless Seasoning

This bottle with the label bearing the signature, Lea & Perrins, is familiar to the public, having been on the market for more than **seventy years.** As a seasoning, it improves more dishes than any other relish ever offered to the public. Soups, Fish, Meats, Game, Salads, etc., are made delicious by its proper use.

LEA & PERRINS' SAUCE

adds enjoyment to every dinner. There is no other near as good!

Remember, Lea & Perrins' Sauce was in universal use a generation before any other so-called Worcestershire Sauce was ever heard of. Beware of imitations.

John Duncan's Sons, Agents, New York.

SYLMAR OLIVE OIL

DIRECT FROM THE RANCH IN CALIFORNIA

Sylmar Olive Oil was awarded the Grand Prize (highest award) at the St. Louis World's Fair in competition with all other olive oils. It is the natural oil of olives, to which nothing has been added, nor anything taken away. Guaranteed pure. It will keep longer than any other oil without turning rancid. We own the ranch, the trees, and the mill. We produce this oil under the most favorable conditions from the finest ripe olives grown.

Sylmar Olive Oil retains all the rich, fruity flavor of ripe California olives, and is most palatable. Sylmar Olive Oil is absolutely the finest article of its kind that can be produced, and can be purchased with the confidence that every bottle will stand the most rigid chemical analysis and be proven absolutely free from adulterants.

$3.00

EXPRESS PREPAID



Natural Oil of Olives Perfected from "Blossom to Bottle" on the Largest Olive Ranch in the World.

Send postoffice or express money order for $3.00 for three quart-size bottles, and we will deliver them to you express prepaid. Give your grocer's or druggist's name, and we will offer him the agency.

We publish a booklet containing physicians' directions for medicinal uses of olive oil, cooking receipts, government recommendations, descriptions of our process, and directions for detecting adulterants in olive oil. We will send this booklet and a sample bottle of the oil to any address for 10c. postage.

Two tablespoonfuls of Sylmar Olive Oil contribute more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs. The body is a machine which must be lubricated in order to run smoothly and be vigorous. Eat natural olive oil freely and pay the doctor less.

Los Angeles Olive Growers' Ass'n, 314 Bradbury Bldg., Los Angeles, Cal.



The first thing found in the market-basket of a good housekeeper is

Beech-Nut Sliced Beef

Sliced delicately thin and packed without a preservative of any kind in the famous Beech-Nut air-tight glass jars, it is as perfect beef as can be procured.

We do not call it "dried beef" because it is so much better than the ordinary kind of beef that is sold under that name. The special method of curing it and the absolute purity of the packing give it that peculiar, delicious flavor which, once known, is never forgotten, and which is only to be found in Beech-Nut Sliced Beef.

Beech-Nut Sliced Bacon

the original of the famous brand, with its uniform slices, and freedom from preservatives of any kind, like Beech-Nut Sliced Beef, leaves nothing to be desired in point of flavor, appearance and purity.

Under the title of **Beech-Nut Conserves** are grouped twenty-one different kinds of jams, jellies, preserves, peanut butter and prepared dates, put up with the same care and absolute purity as are all the Beech-Nut products.

If your grocer does not keep them, do one of two things: either persuade him to get them, or send to us for a trial dozen jars, assorted, $3.60 east of Chicago and north of Richmond, express prepaid; other points east of the Mississippi river, $4.00; west of the Mississippi river, $4.50. Only one order to a person.

Beech-Nut Packing Co.
Canajoharie, N. Y.

Henry's Career

Henry's what you might call a quitter. The only time he ever stuck to anything was when he set down on the fly paper. He was a sailor for three v'yages, and then gave it up 'cause he hadn't been made a skipper. Then he raised hens, but got discouraged 'cause the roosters wouldn't lay,—some such reason, anyhow. He's done a little of 'most everything sence, but he's given 'em up one after the other. The only trade he ain't peeked in at is the one he was cut out for,—that's roostin' on top of the church steeple for a weather vane. Consequently, he knows from experience that it's time to give up afore you begin.—*From Lincoln's "Partners of the Tide" (Barnes).*

The Old-time Kitchen

Concession had been made to the grand-aunt's nice housekeeping by letting the party eat its dinner in the big kitchen, where pots of rose-geranium and pink primroses filled the windows, and the blue dishes on the shelves winked at the brass and copper things about the stove. It is all very well to talk about the advances in household art; but where in all the wide world, to-day, are there rooms so fit, so orderly, so full of that priceless, ineffable something that means home, as were the old-time kitchens of the old-time housewives, who had never even dreamed that a woman could have a higher career than could be found by her own hearthstone?—*From Shafer's "Beyond Chance of Change" (Macmillan).*

Our little four-year-old Charlie said to me last spring, when we were arranging where we would go on our summer vacation, "Papa, do you remember much about last summer?" "Yes," I said, "I remember a good deal. Do you?" "Well, I remember some; but, you see, the winter is so long that it wears out the remember."

Miss Hope

was for 17 years principal of the Boston Cooking School. She ought to be a good judge of cooking stoves. She says: "I consider the

Crawford Cooking-Ranges

the best of them all. They use less coal and give a more even heat than any ranges I ever saw."



Many other well-known cookery teachers pay us good money for CRAWFORDS when other makes are offered them *free*.

Special Features:

1. **Single Damper.** This is *patented.* It is worth the price of the range. It makes baking quicker, better, surer. It saves fuel.
2. **Cup-joint Oven Flues.** They don't leak. They utilize *all* of the heat. They insure better baking.
3. **Improved Dock-ash Grate.** This is *patented.* It means a better, steadier fire,—one that will keep over night. It means a saving in fuel.
4. **Reliable Oven Indicator.** Readable. Entirely outside of the oven, consequently not affected by grease, smoke, or dust.
5. ***The* Perfected Oven.** The quickest, surest baker and most perfectly controllable oven ever constructed.

Our Gas Shelf. Sets on in place of the usual end shelf, and constitutes an auxiliary gas range.

OUR NEW PLAIN RANGES have made a "hit" with those who love plain elegance and those who appreciate the ease with which such a range can be kept clean and bright.

Send for Illustrated Catalogue

Crawfords have more Improvements than all other ranges combined

WALKER & PRATT MFG. CO., 31-35 Union Street, BOSTON

Proprietors of the Finest Stove Foundry in the World



Exquisite Desserts and Delicious Ice Cream made with Junket Tablets

We mail postpaid ten tablets to make ten quarts for 10 cents and give you the charming Brochure "Junket Dainties" free.

Chr. Hansen's Laboratory,
Box 2507. Little Falls, N.Y.

Gordon Cookery School

Miss Marion H. Neil is a Scotchwoman and a first-class diplomeé. She received most of her training in England and Scotland, where she taught cookery successfully for twelve years. Two years ago, assisted by Mary M. Neil, she opened a school under the foregoing title at 405 North 33d Street, West Philadelphia. This school also has been successful. These young women are certificated and experienced teachers, and are qualified to give practical instruction in all kinds of household and high-class cookery. Lessons are arranged for ladies in the country and at their residences. Correspondence lessons also are given. This is undoubtedly a practical school, conducted by enthusiastic and earnest teachers.

The Evolution of Beatrice

Beatrice Blinn was the thinnest thing
  That ever you ever saw.
Her bones almost poked through her skin,
  The kind that folks call "Raw."
Yet all the time she used to eat
  The greatest deal for dinner,
Soup, potatoes, pudding sweet,
  And just kept getting thinner.

Until one day this famished fay
  (Observe that my rhyme gets chunky)
Began to grow, and, do you know,
  She's nothing short of dumpy!
So now she bants, and sadly pants,
  And sighs just to be slimmer;
And every day, as I've heard say,
  She goes without her dinner.

Grace Stone Field.

The Favorite

Sauce is a necessary addition to meats, gravies, and soups. The greatest sauce is Worcestershire, and the one peerless brand of Worcestershire is Lea & Perrins'. All the world knows that, and all the world calls for its favorite. The market is flooded with spurious imitations, of which consumers should beware and look for the trademark.



In making out your marketing list, be sure you include a good cereal food; and when you buy a cereal food be sure you get *the whole wheat in digestible form.* That's

Shredded Whole Wheat Biscuit

King of the world's cereal foods. ¶ It contains all the nutritive elements of the whole wheat grain, steam-cooked and drawn into fine porous shreds. These delicate shreds are retained and assimilated when the stomach rejects all other foods. ¶ Shredded Wheat is not a "pre-digested" food: it is a ready-to-digest food. It is the best food for growing children because it contains all the elements for the building of the perfect human body. ¶ Shredded Whole Wheat is made in two forms, **Biscuit** and **Triscuit.** The **Biscuit** is delicious for breakfast with hot or cold milk or cream, or for any meal in combination with fruits or vegetables. ¶ **Triscuit** is the Shredded Whole Wheat cracker, which takes the place of the white flour bread. Delicious as a toast with butter or with cheese or preserves.

"It's All in the Shreds"

The
NATURAL FOOD COMPANY
Niagara Falls, N.Y.



UNDERWOOD'S
ORIGINAL
DEVILED HAM

In **camp, picnic,** or **home,** it will be found not only pure, but delicious and satisfying. Made only of pure spices and sugar-cured ham. There is but *one* deviled ham — Underwood's Red Devil Brand. All others are imitations, but imitations in name only, no more like Underwood's than chalk is like cheese. *Send for book of 43 prize receipts.*

WM. UNDERWOOD CO., BOSTON, MASS.

If you must



on account of your health
Give up Drinking Coffee
WHY NOT TRY
THE BEST SUBSTITUTE
OLD GRIST MILL WHEAT COFFEE?
It has all the virtues possible in a health drink made with wheat — besides being
Pleasing to the taste
-and you dont tire of it-
Try it and be healthy
OLD GRIST MILL CHARLESTOWN MASS

Reciprocity

When he implied that as a cook she wasn't very good,
And couldn't make things "near so nice" as his dear mother could,
She said to him, "Be patient, dear, I'm willing quite to try,
If you'll get me hats and dresses 'like my father used to buy.'"

Nixon Waterman.

Miss Bella Bruce, of the Bruce School of Household Science, 334 Madison Avenue and corner 43d Street, New York City, is just sending out her annual announcement. The courses in cookery in this school are of an eminently practical character. Special stress is put upon individual work and upon training in the use of large and small quantities of materials. In elaborate cookery the dishes are chiefly English. Private lessons are given by appointment. In all the courses, everything is taught with scientific precision and extreme thoroughness of detail. Miss Bruce is a graduate of Pratt Institute, and was formerly head of the Domestic Science Department at Briarcliff School, Briarcliff Manor, New York.

Nine States—Maine, Massachusetts, Rhode Island, New York, Illinois, Ohio, Tennessee, Georgia, and Texas—were represented at Mrs. Hill's classes in cookery at her summer home in New Hampshire, this past summer. Enthusiastic reports of the work done by the classes and of the outings in which the young women participated have been received at this office from the young women on their return trip. Mt. Washington and a half-dozen lesser peaks were visited, and the rising and setting of the sun were seen from various vantage-points. Golf, rowing, and swimming were among the incidentals that many essayed. All report gain in health and strength, as well as in enthusiasm for the work in their special lines of cookery.

Nicelle Olive Oil



Made and bottled in Nice, France. The purest type of

OLIVE OIL

producible, for the tables of those who discriminate.

AT ALL DEALERS'.

SEVILLE PACKING CO.,
NEW YORK.

Send for illustrated Recipe Booklet, free.

FLEISCHMANN'S
COMPRESSED YEAST
HAS NO EQUAL

Quilted
Table Padding

is much better than the antiquated woven stuff.

There are several reasons why.

It can be washed, others cannot.

It does not cover diners' clothing with lint or fuzz.

It does not stick to the table when hot plates are laid on it.

It wears twice as long as any other.

These are the "whys" that have made it almost universal.

ALL DRY GOODS DEALERS SELL IT.

EXCELSIOR QUILTING CO.,
15 Laight Street, New York.

For Pure Food

This is pre-eminently the age of "movements," some useful, some not, and some betwixt and between. One of the most recent, most interesting, and most promising is a movement of food packers and dealers which has for its objects the improvement of the food standards and the enactment of such legislation as may be required to bring the interstate traffic in food products under proper regulation and secure uniformity of action in the various States. Nobody having the slightest acquaintance with the present status of the pure-food question can for one instant doubt the necessity for this movement of packers, manufacturers, and dealers, which has taken form and substance under the name of the National Food Manufacturers' Association, incorporated under the Illinois laws, with offices in the First National Bank Building, Chicago.

The officers of the Association are: president, O. L. Deming, Chicago; treasurer, Frank C. Rex, New York; secretary, Thomas E. Lannen, Chicago.

Mr. O. L. Deming, as the late editor and publisher of the Chicago *Grocer* and also the *Canner and Dried Fruit Packer*, has enjoyed a long and honorable career as a publisher and trade journalist, and has had exceptional opportunities for obtaining a thorough understanding of the pure-food question. He has abundant energy and a reputation for doing things. With Mr. Deming at the helm, the future of the association seems assured.

Such a movement, so headed and officered, will command the general confidence of the public as well as those interests directly concerned.

These trade-mark crisscross lines on every package.
Gluten Grits AND
BARLEY CRYSTALS,
Perfect Breakfast and Dessert Health Cereals.
PANSY FLOUR for Pastry, Cake and Biscuit.
Unlike all other goods. Ask Grocers.
For book or sample, write
FARWELL & RHINES, Watertown, N. Y., U. S. A.



The Double Strength of

BENSDORP'S

ROYAL DUTCH

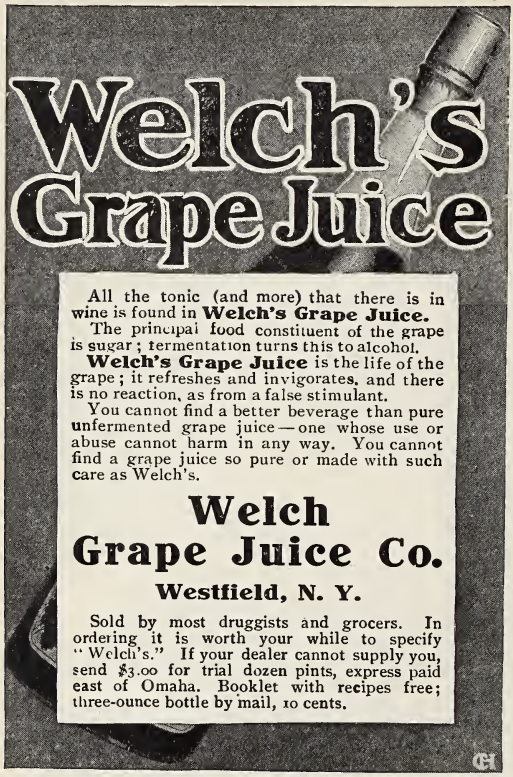
COCOA

Should appeal to every Thrifty Housekeeper.

The **Yellow** wrapper is a sign of **Economy.**

Sample Can 10 cents by writing to

STEPHEN L. BARTLETT, Boston, Mass.



All the tonic (and more) that there is in wine is found in **Welch's Grape Juice.**

The principal food constituent of the grape is sugar; fermentation turns this to alcohol.

Welch's Grape Juice is the life of the grape; it refreshes and invigorates, and there is no reaction, as from a false stimulant.

You cannot find a better beverage than pure unfermented grape juice—one whose use or abuse cannot harm in any way. You cannot find a grape juice so pure or made with such care as Welch's.

Welch Grape Juice Co.

Westfield, N. Y.

Sold by most druggists and grocers. In ordering it is worth your while to specify "Welch's." If your dealer cannot supply you, send $3.00 for trial dozen pints, express paid east of Omaha. Booklet with recipes free; three-ounce bottle by mail, 10 cents.

IT IS MADE FOR YOU,

The "Standard Rotary"



Sewing Machine.

To save your strength, your time, and assure you perfect and noiseless work. "Standards" are all one kind, the best.

SHEPARD NORWELL COMPANY,

BOSTON, MASS.

Niagara draws the Crowds

The Threatened Destruction of the Cataract seems to have quickened the Popular Desire to see it before it "dries up."

The season just closed shows no abatement in the tide of travel toward Niagara Falls. The great cataract still holds its own as the greatest natural wonder on the continent. More pilgrims have gazed upon the beauties of the picturesque Niagara region this year than ever before in its history. Whether this is due to newspaper talk about the possible destruction of the Falls in the near future or to the normal desire of the people to perform a patriotic duty is of little consequence. The interesting fact is, every summer brings an increased tide of travel toward the Niagara region.

Instead of detracting from its beauty and grandeur, the harnessing of the cataract to many industries has added greatly to the popular interest in it. The "show place" among these industries is the beautiful "Conservatory" in which shredded wheat is made. Not only the industry itself, but the noble building in which it is housed, is singularly fascinating to the popular mind. Its location in the heart of the choicest residence district in Niagara Falls is the result of a search for cleanliness and beauty. There are wheat foods and wheat foods, but only one shredded whole wheat food, and the thousands who visit the Falls never seem to tire of going through this "Castle of Light," and noting the extraordinary provisions made for the welfare of the employees and witnessing the process of shredding wheat.

Here are made every day in the year a million and a quarter shredded wheat biscuits; and, of course, the company would not make them if the people did not eat them. It is not known how many people have passed through "the home of shredded wheat" this year, but so great have been the crowds

Mellin's Food



For the Baby

STANLEY WHITE
son of
J. Francis White, M.D.
Auburn, Cal.

Mellin's Food is an assurance of healthy, happy childhood and robust manhood and womanhood; feeding Mellin's Food in infancy prepares a foundation of good health that resists the attacks of disease, prevents sickness, and later on produces men and women not only strong physically, but strong mentally.

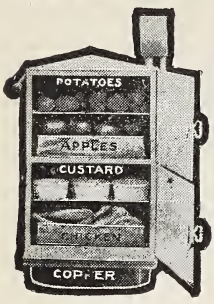
Mellin's Food gives permanent results because it is a true food and makes the baby grow strong, with rosy cheeks and strong limbs, and builds up a strong constitution.

Mellin's Food is the *only* Infants' Food which received the Grand Prize, the highest award of the St. Louis Exposition, 1904. Higher than a gold medal.

A sample of Mellin's Food sent free on request. Mellin's Food Company, Boston, Massachusetts

PLACED IN YOUR HOME FOR $1.00

Easy Payment Plan



$2.00 AND UP EASY TO CLEAN **O-HI-O**

COMBINATION STEAM COOKER AND BAKER

Guaranteed to save 50 per cent. in fuel, labor, time, and provisions. A whole meal cooked over one burner on any stove. It assures you deliciously cooked hot meals. **Thirty days' trial.** No intermingling of odors or tastes. Fine for winter use on coal or wood stoves. A necessity every day of the year. The only healthful way to cook foods and bread-stuffs.

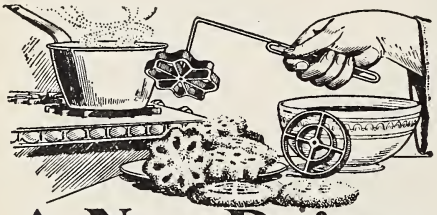
Handsomely Illustrated Catalogue Free. $1 00 Cook Book for four cents postage. **WE WANT GOOD AGENTS.** $30 and $40 weekly and expenses.

It Whistles

"O-HI-O" COOKER COMPANY, 981 Jefferson Ave , Toledo, Ohio

Please renew your own subscription by sending us two new yearly subscriptions at one dollar each.

The Boston Cooking-School Magazine, Boston, Mass.



A New Dainty-
Rosette Wafers

Crisp and delicious—for breakfast, luncheon or afternoon tea.

Made with the thinnest of batter and a novel little iron. **Any woman can make forty of them in 20 minutes at a cost of 10 cts.**

All the best dealers sell these irons at 50c a set.

If your dealer does not sell them, send us 70c and we will mail you a set postpaid.

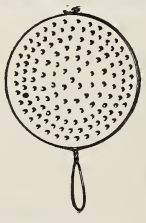
FREE—Mention your dealer's name when writing, and we will give you a book of 30 new recipes telling how to serve these wafers, and our interesting catalogue of culinary novelties.

ALFRED ANDRESEN & COMPANY

1302 Washington Ave., S., Minneapolis, Minn.

SOMETHING ENTIRELY NEW.

RULOFSON'S CALIFORNIA LAVA TOASTER. Makes delicious golden-brown toast without burning or drying it up. Placed under enamelled ware cooking utensils, prevents contents from scorching and saves enamelled ware.



TRY ONE. ONLY 25c.

If you are not satisfied, send us your cash tag, showing where you purchased it, and we will return your money. For sale by all leading dealers or sent on receipt of 25c.

A. C. RULOFSON CO.

238 Crossley Building - - - San Francisco.

that it has come to be an interesting question as to which is the greater attraction at Niagara Falls, the cataract itself or the Conservatory into which pours every day a constant stream of golden grain which emerges in the form of shredded wheat. No pilgrim to the Falls should consider his trip complete without a visit through this unique establishment.

Sir Michael Hicks-Beach agrees with Grover Cleveland in holding to the old-fashioned notion that woman's best place is the home, not the club; and so does Lady Hicks-Beach. She, it is said, can do anything with the needle, while their daughters are expert cooks. But similarly accomplished, the home-and-club women can show, are countless sisters with various and great activities in the world at large.

In the southern part of France which borders on the Mediterranean and extends between the Alps and the Rhone the culture of flowers has developed into a great industry for the manufacture of perfumes.

An Aid in Fever Cases

In all fever cases the liberal use of the odorless solution of metallic chlorides, commercially known as "Platt's Chlorides," is recommended for disinfecting the discharges, deodorizing and refreshing the air of the sick-room by the most eminent physicians and sanitarians, among whom are: Dr. Benjamin Lee, secretary Pennsylvania State Board of Health; Dr. Thomas Darlington, president New York Board of Health; Dr. Samuel H. Durgin, health physician, Boston, Mass.; Dr. Heman Spalding, chief health inspector, Chicago, Ill. For disinfecting dejecta, dilute one part chlorides with four parts water. For deodorizing by sprinkling, and for moistening towels and cloths to be suspended in the sick-room, dilute one part chlorides with ten parts water.

If you want a perfect cracker to serve with cheese, ask for

Brownsville Water Crackers

"The Cracker that has Brownsville on it."

They are dainty, crisp, appetizing, and give just that deft touch to your dinner that will be appreciated by every judge of good living.

These crackers are baked in a quick oven in the same old-fashioned way that they have been made for fifty-five years.

Make your grocer get them.

Manufactured by
CHATLAND & LENHART
Brownsville, Pa.

S. S. Pierce Co., Boston.
Park & Tilford, New York.
Acker, Merrall & Condit Co., New York.
Finley Acker Co., Philadelphia.
The Joseph R. Peebles' Sons Co., Cincinnati.
C. Jevne & Co., Chicago.

If you cannot buy these crackers of any grocer that you can reach easily, we will send ten pounds for $1.50 express prepaid, or two pounds for 50 cents, express prepaid.

Please renew your own subscription by sending us two new yearly subscriptions at one dollar each.

THE BOSTON COOKING-SCHOOL MAGAZINE, BOSTON, MASS.



1847 Rogers Bros.' Large-sized Cold Meat Fork **Absolutely Free**
With One Dozen Celebrated
Carrington Flavorings

finest and strongest made—non-alcoholic, easy to use, guaranteed pure. **Coupon in each package** which can be exchanged for **Valuable Premiums.** Write us and we will send you, charges paid, 5 packages of our flavoring (Lemon, Vanilla, Orange, Nutmeg and Almond) with a handsome special premium. You can examine same and if satisfactory send us $1.00 or return flavoring and premium at our expense. Price 20c. per pkge. **CARRINGTON M'F'G CO., 99 Warren Street, New York.** Agents wanted—write us.



For Five o'clock Tea

or at any time when a delicate biscuit or cracker is needed the

KAKIMOCHI

or Japanese rice biscuit forms a peculiarly exquisite confection. Made from a special kind of pure Japanese rice, it has a delicious, nut-like flavor. We import it from Japan in air-tight cans, so that it is **ALWAYS CRISPY.** As a plain biscuit it forms a wholesome food for children.

Price 25c. per can. When ordering by mail add 10c. for postage.

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380 BOYLSTON STREET BOSTON, MASS.

Geo. H. Ellis Co

Printers

272 Congress Street
Boston, Mass., U.S.A

Illustrating Printing & Binding of Books Magazines, Catalogs, and Pamphlets, Law and Railroad Work Posters, Office Stationery, etc

Half-tone Work a Specialty

Steaks and Race Suicide

There may have been a time when you dined at the Café Martin, whether at the old stand down in University Place or the newer one at Twenty-sixth and Broadway, after Delmonico got closer to the region of the Astorbilts; and you may have said, as you discussed your steak à la casserole, "This man Mar-teen is a cuisinary wonder and a divinely inspired humanitarian." We have now more news of him as a patriot and lover of his kind. He has had this notice conspicuously posted in the café amid odors which stimulate the feeble tissues of overwrought mortals: "Any employee of the Café Martin who from this date shall get married shall receive $100. Any employee who is married already will get $50 at the birth of each child, provided always that such employee shall have been in my service for a period of twelve months." It is in this practical way that Martin supports the Rooseveltian appeal for race propagation. There are a good many people who think the American is thriving all right, thank you, and that Theodore's postulate on race suicide is the result of undue apprehension; but Martin is a powerful believer in the married man and father as a safe, sound, reliable employee and an uplifting member of the State. Martin's steaks are good, his patriotism better.

Travel with Speed, Comfort, Safety

BETWEEN

New York and Philadelphia

via

New Jersey Central

(Train Every Hour on the Hour)

PULLMAN PARLOR CARS. OBSERVATION AND CAFE CARS. NO DUST, SMOKE OR DIRT.

NINETY MILES IN TWO HOURS

NEW YORK STATIONS: Foot West 23d Street, N.R.
Foot Liberty Street, N.R.

Women's Educational and Industrial Union

264 BOYLSTON STREET, BOSTON

BOARD and ROOM REGISTRY

Directs applicants to reliable houses in Boston and at the seashore and country. Apply at

THE BUSINESS AGENCY



DAINTY HOUSEKEEPERS PREFER

DIXON'S

STOVE POLISH.

Joseph Dixon Crucible Company, Jersey City, N. J

Vol. X. NOVEMBER No. 4

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OF CULINARY SCIENCE & DOMESTIC ECONOMICS

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372 Boylston St.

THANKSGIVING NUMBER

Boston, Mass.

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1905

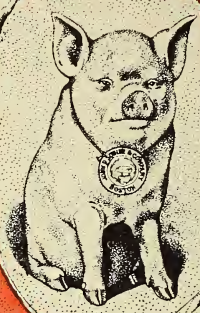
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SQUIRE'S

KETTLE RENDERED

PURE LEAF LARD



FOR 65 YEARS THE STANDARD

YOUR PASTRY WILL BE TENDER, FLAKY AND DELICIOUS



JOHN P. SQUIRE & COMPANY
BOSTON

MAKERS OF "ARLINGTON" SAUSAGE

CURERS OF SQUIRE'S HAMS & BACON



Thanksgiving Dinner

If one eats with justice and with gratitude, and fairly and temperately and decently, must he not also eat to the divine acceptance?—EPICTETUS.

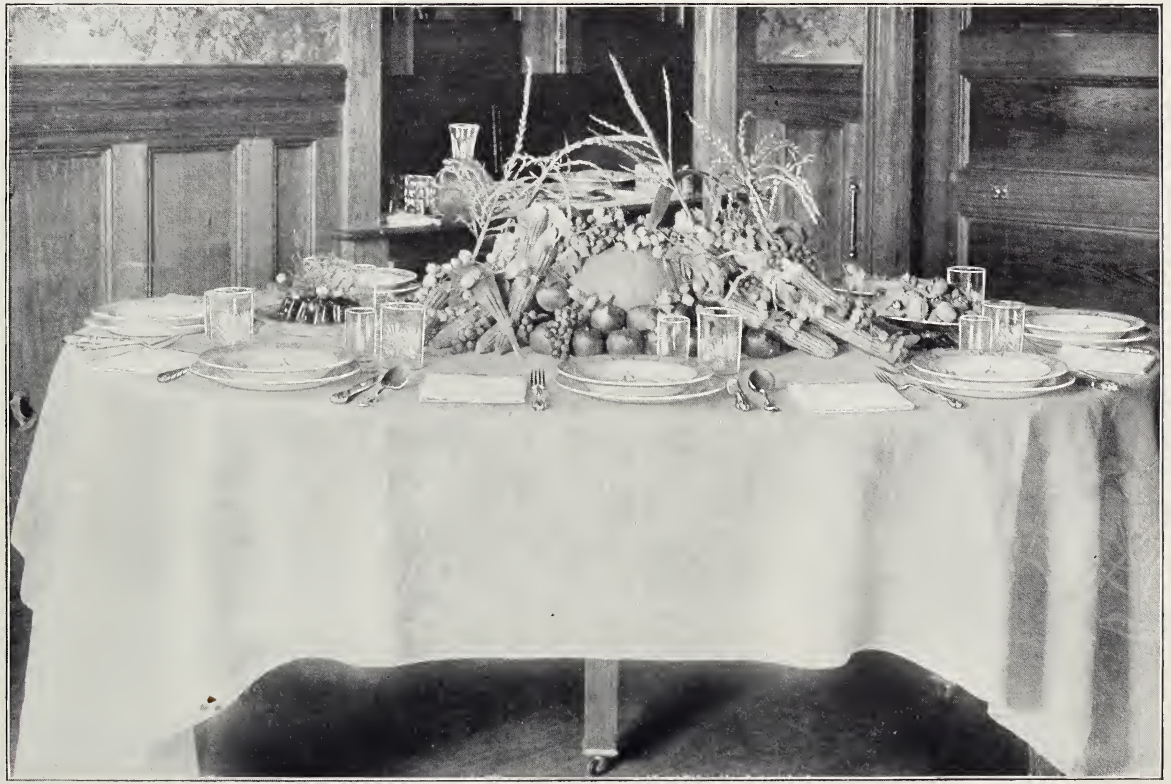
MENUS

I

Oyster Cocktail in Red Pepper Cups.
Chicken Broth with Rice.
Olives. Celery. Bread Sticks.
Boiled Fresh Cod, Oyster-Crab Butter-Sauce.
Boiled Potato Balls. Pickles.
Partridge and Mushroom Patties.
Roast Sucking Pig, Apple Sauce.
Orange-and-Cress Salad.
Sweet Potato Fritters. Creamed Spinach, Egg Garnish.
Cauliflower, Hollandaise Sauce.
Squash Pie. Fruit Cup, with Apple Sherbet.
Camembert Cheese. Crackers. Celery.
Coffee.
Nuts. Fruit. Raisins.

II

Hot Grilled Oysters on Toast, Maître d'Hôtel.
Olives. Celery.
Roast Turkey, Cranberry Jelly.
Potatoes, Vienna Fashion.
Onions in Cream Sauce. Candied Sweet Potatoes.
Celery Salad.
Sweet Cider Frappé.
Young Partridge Pie.
Charlotte Russe. Pumpkin Pie.
Fruit. Nuts. Coffee.



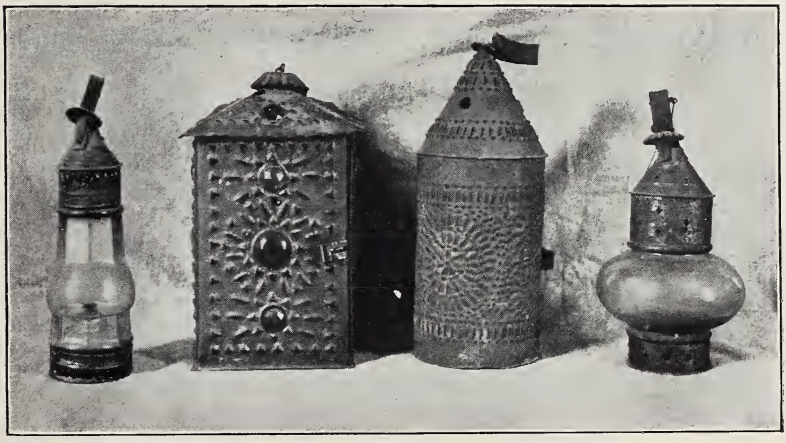
THANKSGIVING DINNER TABLE LAID FOR RUSSIAN SERVICE

Centerpiece : Pumpkin, Indian Corn, Autumn Fruits, Dishes of Nuts, and Cranberry Jelly

The

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Old-time Lanterns

Old-time Lights

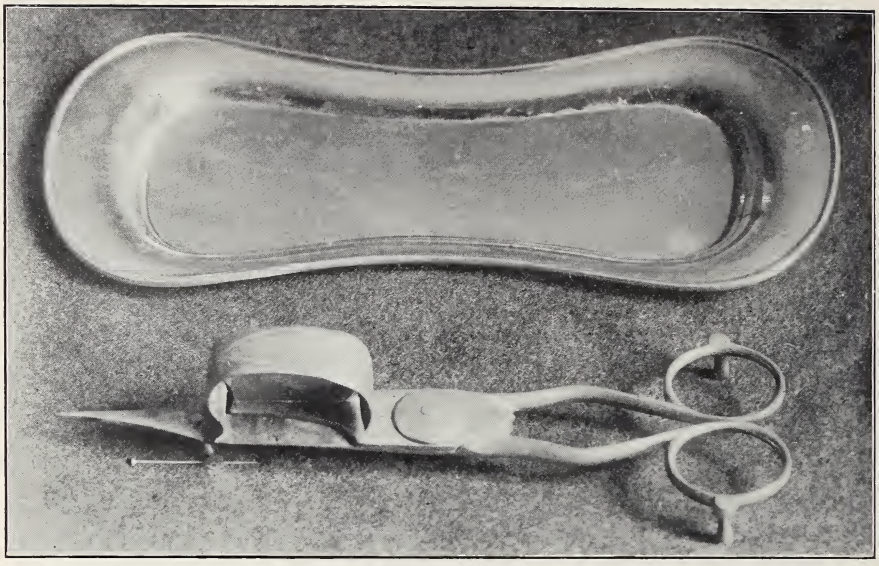
By Mary H. Northend

"UTILITY first, beauty second," is a safe rule for most house furnishers to follow; and how much more freedom we should have from an unnecessary amount of care of the innumerable objects in the modern home if this law had always been followed!

The furniture of the Colonial period, as well as prior to that, was always in good taste, and the candlesticks, candelabra, and early lamps were invariably beautiful.

From an artistic standpoint we can find little fault with the first lights or the candlewood or pine knots that lighted the Puritans' homes. They served the purpose for which they were needed then, as they gave the adequate cheer and the light that the simpler home required.

Our forbears obtained the knowledge of this candlewood light from the red men, who had no other means of lighting their wigwams. The resinous wood of the pines which grew in the forests all about the door furnished them with an unlimited supply of the necessary knots, and had been used by the tribes for generations.



Tray and Snuffers

This wood was so full of turpentine that, when cut into smaller fragments or slivers, it would burn as clear as a torch, but on account of dropping its pitch freely it was set just inside the fireplace upon a flat stone, where it would do the most good and the least harm.

Large supplies of this wood were laid in by each family in the fall, to carry them through the long, dark winter months. This custom is still followed in some portions of the South; and sojourners in North Carolina often purchase bundles of these slivers, and carry them home for fagot parties.

The roaring fire on the hearth, which sent its cheerful glow over the room, and the brilliancy from the candlewood knot gave all the light that was needed in the ordinary household. But now and then the children would augment this by casting into the blaze hickory shavings, and would give themselves no little pleasure by poking the backlog with the long iron peel, so sending showers of brightening sparks up the chimmey.

Candles were a step in advance, but they added not a little to the family expenses, and were watched jealously and extinguished as soon as possible. In 1634 no candles could be purchased for less than fourpence, and few Colonists could afford such extravagance. As no tallow suitable for the making of these candles could be obtained in this country, Governor Winthrop sent to his son in England to send over ordinary tallow or suet, in order that the Colonists could make them.

At a later time crude oil was extracted from the livers of fish, and used in tin lanterns, which were always to be found in the homes of the Colonists, hanging on a nail at one side of the fireplace and ready for any emergency. The wicks used in these lanterns were made of loosely spun hemp and tow, and were often dipped in saltpetre.

Sometimes iron saucers with a twisted rag for a wick were filled with this oil, and used in lieu of lamps.

The Betty lamp was one of the first that was practical. It was made of pewter, iron, or brass, was circular,



Old-time Sconces

oval, or triangular in form, and was very shallow. After being filled with tallow or grease, a wick, or twisted rag, was placed in the liquid, and lighted by means of the flint or steel, or with a live coal; for matches were an unknown convenience at that time.

Among the many interesting antiques to be found in Salem, Mass., is one of these earliest lamps that stands about six inches high. It is made of iron, with a lip like that of a pitcher and a short and curved handle at the back. The middle is filled with oil, and in this is placed the twisted rag which rests on the nose. Tradition has it that this particular lamp did service in the time of the witchcraft delusion, and was used to light the prisoners to jail.

The "spermaceti" which was obtained from the head of the whale was valuable in the making of candles, and it was commonly thought that the ones made of this material gave much more light than the ordinary tallow candles.

A factory was established as early as 1762 in Germantown, a part of Quincy, Mass., for the manufacture of sperm oil from the crude state, and twelve years later spermaceti candles were sold in Salem, Mass.

The making of candles was one of the duties of the good housekeeper, and in the fall of the year the difficult task was undertaken. The kettles used for this purpose were large and heavy; and, though unwieldy to handle, were hung on the long crane over the fire in the kitchen, and then filled half-way up with boiling water and the melting tallow. The tallow was twice scalded and separated from the water before it was ready for use. Large poles were placed so that the ends rested upon chairs, and across these were laid



From Mr. Arthur Wests, Salem, Mass.

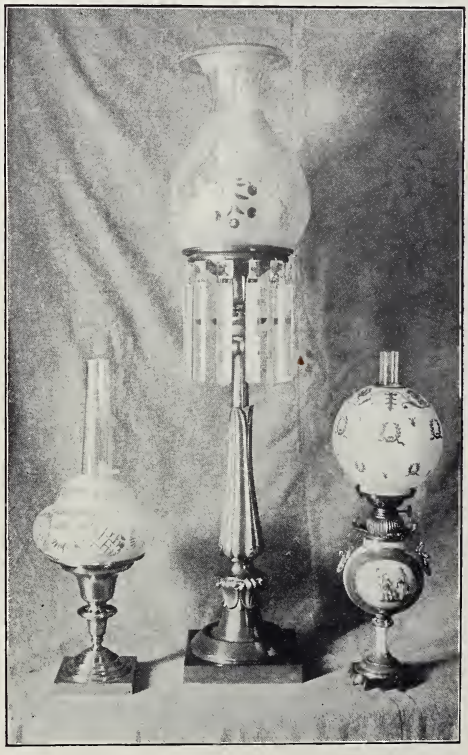
smaller sticks. These were the candle-rods, and had attached to each of them the wicks. These were dipped in melted tallow, one rod full of the wicks cooling while another was being immersed, and this was repeated until the desired size was obtained. It was an extremely slow and trying task; for, if the candles were not allowed to cool slowly, they would crack, and yet with all the difficulties experienced candle-makers could finish about two hundred a day.

Another way of making was by running them into moulds, in the centre of which was the wick that was attached to a pole above. The berries from the bayberry bush were used in making the choicest candles, and the bushes, which grew plentifully throughout the country, were stripped of their fruit in the fall for this purpose. These berries were thrown into pots of boiling water; and, as the fat inside them melted and floated to the top of the kettle, it was skimmed off, and after it was refined was a beautiful shade of transparent green.

A large quantity of these berries were necessary for the manufacture of a comparatively small number of candles. The supply was naturally limited, and they were treasured accordingly by those fortunate enough to possess them. These bayberry candles gave a delightful odor while burning, which was pungent and fragrant.

Often a special person, whose business it was to make candles, went about from house to house, as a seamstress does now, and made the winter's supply for those employing them.

With the advent of candles came the sconces, candle beams, and candlesticks, which grew very beautiful in design with the more lavish use of



Owned by Mr. Nathan Osgood, Salem, Mass.



Old-time Light

candles. The candlestick varied from the simple ones made of tin or pewter to the handsomely decorated styles in silver and brass. Pewter was a favorite material for lamps as well as other utensils, and these were largely in use for whale oil.

Lamps and lanterns came into fashion in the early part of the eighteenth century, and were used for halls and staircases, while glass lamps were advertised in the middle part of the same century, they were simple in shape and not particularly graceful.

The next development was the astral lamp. These lamps rested on square pedestals of brass, from the centres of which rose fluted columns which held the receptacles for oil. With this innovation came chimneys and lamp shades capable of endless varieties; and, after the introduction of kerosene, which was cheaper, astral and sperm oils were discarded.

With a renewed appreciation for the beautiful in the old-time furnishings for the house, these lamps relegated to attic and cellar, and miraculously saved from entire destruction, have been unearthed, put into commission again, and are counted among the treasures of the modern home. The simple and dignified candlesticks of silver or brass, as well as the more elaborate candelabra, grace many a mantel of to-day, and in some cases are cunningly contrived with electric lights, which give a brilliant illumination unknown in their former days of use.

The soft and beautiful light of the candle for the dinner table is appreciated as never before, and the candlestick, whether of simple design or more symmetrical with prismatic pendants re-



Mrs. Harry Benson, Salem, Mass.

flecting rainbow hues, adds by its dignity a charm which nothing else can give.

Often the sconce and candelabra were designed to harmonize with some special room, and represented lyres crossed with flutes and other musical instruments, while branching arms held the candles.

Old-time lights of endless varieties and size are treasured in many homes in the historic towns of New England, and are greatly prized for their beauty and antiquity.

All the world was the market for the seafaring man; and on his return home his capacious chest was opened with no little curiosity and pleasure, for it was sure to contain treasures for the embellishment of his home or the adornment of his wife. It is due to this cosmopolitan shopping and the good taste of the purchaser in the times gone by that so many beautiful lamps, candelabras, and other household accessories are to be found in the homes of to-day.

November

By Judith Giddings

Naked branch and leaden sky,
Looks a bit like snow!
Dry stalks rustling in the wind,
Clouds hanging low.

Blooming time and harvest time
Over for the year.
Light the fire, draw the shade,
Hail! Thanksgiving's cheer.



Dining-room Wagon after serving Salad Course

Miss Lydia's Roomer

By Jane Dransfield Stone

"DEAR, dear," thought Miss Lydia, "what an ugly name!" Miss Lydia was very sensitive to names. Her own—Lydia Myrtilla Kennedy—was to her a source of secret delight, perhaps one reason why in all her forty peaceful, pleasant years she had never changed it. Moreover, it stood for a long line of ancestors whose dignity she had ever sought to maintain.

But now a humiliating necessity was come upon her. Why she did not understand, though her agents might. Year after year her income had fallen away, until she was brought to her last resource, throwing open, as it seemed to her, to the public the old Kennedy homestead, hitherto inviolably sacred. In other words, Miss Lydia had advertised for roomers. Medtown was shocked. In the upper circle of its little society, ruled by a code more rigid than that of the four hundred of a metropolis, such a step meant social extinction. Yet what could she do? When she, the last of her name, was carried down the straight, wide stairs, her responsibility ended. Until then the homestead and the Kennedy pew in the old South Church should not pass from the Kennedy name.

Yet neither pride nor society pay taxes.

Consequently, Miss Lydia stood within her broad doorway on this certain morning, frowning at the card just handed to her by a punctilous little gentleman, who stood before her on the porch, making her a series of stiff, sweeping bows.

"Oh," she thought, "if I must take roomers, why need they have such names?"

The one on the card was unthinkable, unpronounceable, the acme of ugliness. Nevertheless, she led the way down the wide, dim hall, with its green, checkered carpet and mottled, brown wall paper, and threw open the door of the downstairs bedroom at the end.

"Ah!" exclaimed the little gentleman. The accent was unmistakable. Miss Lydia glanced up sharply. A foreigner was to her a species apart. Yet she forced herself to ask,—

"Is it satisfactory?"

"It is beautiful, so quiet and peaceful, like a summer evening. I like it to look so into the garden. Where I am now it is so noisy. The lady has married a widower with many children, and, instead of going to him, he has come to her. Those children! Ach, how they make noise! It is great annoyance. I cannot think of my words. I cannot work."

"Do you work in your room?"

Miss Lydia thought at once of counterfeiting, or some such secret, unholy task to be done apart from one's fellowmen.

"Yes, Miss Kennedy, I work and I eat in my room. I make my own meals. But I am very quiet. Only once in a while, with your permission, I play upon my flute. It is my solace. The married widow does not like my flute."

"What is your work, may I ask?" said Miss Lydia, still worried.

"I am a translator. In Germany they like the American books."

"But couldn't you translate better in Germany?" Miss Lydia did not believe in immigration.

"Not so well. I must get the spirit, the *Zeitgeist*."

Miss Lydia did not understand, but

she ventured, "I should think you would go to New York or Boston for that, some large city. Why did you select Medtown?"

"It was fate, Miss Kennedy. I decide to come to America. I spread a large map before me. I close my eyes. I circle my pen round and round. I place it down. I open my eyes. My pen stands on Medtown. Why? I do not know. But I came to Medtown. I have been here five years."

Miss Lydia had never seen him. "Did you ever attend the South Church, sir?"

"No, no. But I know Doctor Rose. He is my dear friend. We go into the fields together after beetles."

Miss Lydia remembered her pastor's hobby. She felt relieved, for it seemed to stamp Doctor Rose's approval upon her applicant, yet, when the door closed upon the bowing figure of the little gentleman, Miss Lydia sat down and cried. Presently she glanced timidly up at the row of solemn ancestors who looked down accusingly at her from the walls.

"Oh!" she cried, "you're worse than the ladies. They thought my advertisement dreadful, and I suppose it was. And now what will they say, what will they say?"

And indeed, with the foreigner established in the Kennedy homestead and the soft music of his flute floating out into decorous High Street, Medtown was agape. But Miss Lydia held her lithe figure proudly, especially as on Sundays she rustled into the Kennedy pew, so finally her friends decided that, though a pity, it was the best she could do. If only it weren't for his flute! At first it angered Miss Lydia that he should so seem to advertise her humiliation, but finally she grew to wait for evening, when she could sit in the gentle dusk and listen. The tunes were some familiar, some strange. She liked best the "Serenade" and the "Intermezzo" from "Cavalleria Rusticana." The latter was new to her.

The winter passed, and spring advanced. Miss Lydia loved the spring. In March she began to work in her garden, choosing the early morning, when her roomer's shades were still drawn. One morning, however, when from a motive of economy she was herself upturning the sod for the nasturtium plot, he came flying out, and with indignation, and a low bow, took the spade from her.

"You shall not dig, Miss Kennedy. Permit me."

After that, in the morning, as if by magic, she frequently found spading done, grass clipped, or vines trimmed. She had her suspicions. But when was it accomplished? By accident she discovered. One night she was awakened by the snatch of a song. It was the "Serenade." Timidly she opened the shutters a crack, and looked out. In the broad moonlight some one was busily spading the rose bushes. It was her roomer, who had forgotten himself, and burst into song. His voice was mellow and sweet, and Miss Lydia found herself listening with a feeling of guilt, yet of strange delight.

"It is like his flute," she whispered.

But Medtown was soon again to be aroused. One morning Lawyer Pitkin dropped in upon Miss Lydia as she sat in the quiet sitting-room, scented now by the lilies-of-the-valley growing in the shade beneath the open windows.

"Good morning, Miss Lydia. I've some news for you. An investment of your father's, which we all believed lost, has at last amounted to something. The mines are now yielding 6 per cent. I have here the first payment. I congratulate you. Once more you will take your old position among us. You are again independent."

He handed her a slip of paper with a short bow, not at all like those to which she had grown accustomed.

"Thank you, Mr. Pitkin. Forgive me if I have no words."

"No wonder, Miss Lydia, no wonder. But it's the unexpected that always happens. Again my congratulations. The ladies will drop in soon to offer theirs."

Alone, Miss Lydia sank into a chair, the paper crushed in her hands. Thankful tears filled her eyes. "Independent," she repeated, then, suddenly, "but of what?"

She looked out of the window. She saw the rose bushes tied up in the night and the pansies weeded by full moon. She saw her roomer's face contented and happy, and heard again the flute, sad and tender or gay. "Oh," she exclaimed, "can I send him out again into the noise he hates? Can I shut him from the happiness he has found here? No, no."

Consequently, when the ladies came in, they found Miss Lydia with traces of tears in her eyes, but resolute lips. "Now you can dismiss your roomer and his awful flute," they cried. But Miss Lydia remained firm. "He shall be left undisturbed," she declared. Why she scarcely understood, though she knew what it meant.

Meanwhile the roomer, ignorant of the storm breaking around his benefactress, came and went as usual in the daytime, and in the evening played his flute. It was June now, and the loveliness of earth and sky seemed to slip into his music. And Miss Lydia listened. But one day Doctor Rose called. That evening the flute was silent, and in the morning the roomer came out into the garden.

"Miss Kennedy," he said, bowing low, "I am going away."

"Oh," she exclaimed, "aren't you happy?"

"Happy? Ach, too happy! It has been heaven. After a thousand storms I sailed here into a haven of peace. I dropped my sails. I hoped to stay forever. But I have not died yet. I must not expect eternal bliss."

"Why do you go?" Miss Lydia looked straight into his eyes. Then she remembered Doctor Rose's call.

"Oh!" she cried, with a little catch in her voice.

"Don't," cried her roomer, "I cannot bear it." Quick as a flash he knelt before her, and seized her hand, cased as it was in her gardening glove. "Miss Kennedy, believe me, I would give my life for you, and now I make you sad."

"Rise, sir, rise, I beg of you." They were in a little arbor, but the leaves were not over-large yet. Miss Lydia glanced about apprehensively, but her adorer remained on his knees, oblivious of all the world.

"No, I will not rise. I would fall lower. I would crawl. I would lie beneath your feet. Oh, Miss Kennedy, do you not understand? I love you."

Miss Lydia drew back, frightened. She had had proposals before, but not of this kind. Those she had refused, sorry only that they had been spoken, but this stirred within her feelings like the flute aroused, but intensified.

"Do not dismiss me, Miss Kennedy. I will go away from your house. I will not cause you an instant's pain. But tell me I may sometimes come into your garden to play to you, sometimes dig your flowers in the moonlight."

"Rise, sir, rise, I cannot answer you."

He rose, and looked at her with tears in his blue eyes. "Forgive me, Miss Kennedy. I have pained you. I am too passionate. I will go away." He held out his hand. "Good-bye."

For an instant her slender hand lay in his. He stooped and kissed it, then turned from the arbor.

"Don't," cried Miss Lydia, "don't go."

With a cry of joy he rushed back,

but from the other side of the arbor Miss Lydia had escaped into the house.

That evening the moon rode high and full in the heavens. For an hour the flute had been breathing out into the garden. It had played the "Intermezzo," now it was the "Serenade." With beating heart Miss Lydia, who was watering the pansies on the shady side of the house, stopped to listen. When it ceased she scarcely knew, for the notes played on in fancy. Suddenly a voice spoke at her side.

"How sweet the moonlight sleeps upon this bank!"

The roomer stood before her, pointing to a rise of ground in the open, where white lilies caught and held the moonlight.

Miss Lydia smiled, and quoted in return, "Why, then, did you not bring your music forth into the air?

> Soft stillness and the night
> Become the touches of sweet harmony."

"Ah, your great poet! How wonderful he is!" He went on to finish the passage. "But there he is mistaken. We mortals do hear such harmony. While still we wear 'this muddy vesture of decay.' It is in our hearts we hear it. It is love that plays, love that rolls up within us the harmony divine. O Miss Kennedy—Miss Lydia—I hear it. I hear this harmony to-night. Do not you?"

They were now in the shade of the house. He turned, and held out his hands to her. With a little sob she laid both hers in his.

"Yes," she cried, "I hear it."

Later they emerged again into the moonlight. She was speaking.

"But there is just one thing. I cannot be Mrs."— she hesitated. She had never yet spoken his name.

Her companion stopped in alarm. "But, Miss Lydia, Miss Kennedy, you just said"—

"Yes, I know. I will be your wife, but I cannot take your name."

He wiped his dampening brow. Such subtilty was too much for him.

"How is that?" he cried. "We must have a name. O Miss Kennedy, do not joke with me."

"Are you very fond of your name?" asked Miss Lydia, smiling.

Her companion became excited. "No," he exclaimed, "I hate it. My father, who gave it me, was unkind. He drove me out because I would love music and my books, and not his business. It is the badge of an unhappy life."

"I love my name—Kennedy—Lydia Kennedy. Do you not like it, too?"

"It is beautiful. I play it over and over on my flute so soft."

"I wouldn't mind being called Mrs. Kennedy."

Light began to break. "You don't mean that I"—

"Yes, that is it."

He scratched his head in perplexity. "That would, indeed, be strange. Yet why should not I? What I am called makes little difference. I am always I."

Smilingly she broke off a twig of syringa bush. "Kneel!" she commanded, and gently struck his shoulder. "I dub thee Richard Kennedy. Rise, Mr. Kennedy."

Then they both laughed, and like foolish young lovers kissed. So the Kennedys still live in the Kennedy house and sit in the Kennedy pew. And Mr. Kennedy knew why his pen fell on Medtown.

The Fine Art of Honesty

By Kate Gannett Wells

IT is a waste of material to tell the truth when a lie will answer just as well, says the cynic, who, if long life is his, will find that the nonsense of such a plea lies in the final waste wrought by the lie; for there is no truer proverb than the old adage, "Murder will out." It may, of course, be humiliating to acknowledge that we speak the truth from a sense of expediency rather than from obedience to ethics; but at least it saves the situation.

Yet, on the whole, truthfulness in speech is not as common a virtue as honesty in deed. It is a constant marvel that there is so much honesty in the world, as well as a triumph for belief in the ultimate goodness of the universe. For the thousands who are imprisoned for theft there are hundreds of thousands who could not be induced to take what is not theirs. We hear so little of the daily honesties of life, taking them all for granted, but so much of the occasional robberies, which, alas! however, are too frequent. We really are at the mercy of potential thieves all the time, yet our purses, our sewing-baskets, our preserve-closets, are usually not molested by our employees. They may deem it their theoretical right to have our currant jelly, but they do not stealthily enforce that right. They tidy up the sewing-room after the dressmaker leaves without filching a spool of thread. There are as many postage stamps on the writing table in the early morning as we left there the night before. Though employees may be honest as a matter of course, or because it does not pay to be otherwise, yet the result—their honesty—increases the common virtue of every-day life. This average honesty is due to both an inherited and an intuitive sense of ought, or duty, fostered alike by home, church, and school.

On the other hand, some people apparently can no more help being cheats in words and deeds than others can help being misers. I had rather save five cents any time than spend it; and the volubility with which a man sells a lame horse as a sound one is a matter for constant joking. Such persons are foes to the well-being of others. Their half-truths are worse than whole lies, their shoulder-shrugs more implicating than a challenge to a duel, their exaggerated statements more harmful than a direct blow, and their giving of wrong impressions, maliciously or carelessly, more fatal than poison. Snobs, cads, parasites, sneaks, are at home in all these varieties of untruthful speech, which, in relation to others, becomes dishonesty. Nothing else is so important to man or woman as good reputation, and, when this is slowly drawn away from them by the innuendoes of another, such half-statements are robbery or theft.

It is curious that, though dishonest people are often truthful, the latter are rarely dishonest in regard to material things. What they need is to become adepts in that finer art of honesty which lays hold on intangible realities, and neither by look nor word impinges on even the shadow of truth. The silences of honesty often constitute its fine art, and are conspicuous in the honor of stenographers, confidential clerks, secretaries, telegraph and telephone operators. What havoc they could make! What sensational reports they could furnish! And most of them DON'T. Only an inveterate

pessimist would argue that because some State, personal, and financial secrets have "leaked out" (the non-committal term for individual dishonesty), therefore no one can be trusted. There is no social statement truer than that the great mass of the workers who know about other people's affairs by being in their employ are impervious to temptations of giving away in talk the knowledge which has become theirs through an official or business way, and which, therefore, does not belong to them as a personal possession.

They may be thus honest simply from prudential motives, aware that they have got to be silent if they wish to keep their places. Even then it would be easy for them to impart just an item here or there without being suspected, and they DON'T. That is the glory of it. They go out to their meals or back to their homes, and do not even want to tell what they know. Their confidences could extend from broken hearts and vows to money losses and gains, literary and personal gossip, right of priority in scientific discoveries. If, occasionally, some one does tell or even hint at a might-be forthcoming disclosure, the hubbub of excitement and condemnation that is justly raised is proof of the rarity of betrayal.

As illustration of this common honesty was a despatch that came to the telegraph operator of a little village anent the breaking of an engagement. The message was sent to the person for whom it was designated, and no one ever knew of it until the family were ready to speak of it. Of course not, says some one scornfully. Not so; for the girl operator, keen in affairs of the heart, might have made herself the centre of a village sensation. But the thought never occurred to her. Those who enjoy making a sensation will best know how deeply rooted and inevitable must have been her honesty. A stenographer or telegraph girl is often ahead of a diplomat in wise, honorable reserve.

Honesty becomes a fine art when it not alone disarms suspicion, but places itself, as it were, so on the outside of events and talks that no one would conceive of its being possible that such a person should know anything of them.

Visitors ought to possess the same qualifications in regard to what is not theirs to say. Generally, they do have it. But the desire to be considered entertaining, to be a personal social centre, for a few moments at least, is often yielded to as the whilom guest renders a dinner more exciting by her travesty of little untoward happenings or shortcomings seen at somebody's else house. The fine art of honesty would neither allow uncomfortable things about others to be spoken, when no allusion to them was necessary, and thus steal away their social prestige, nor would justify such repetition on the score of its truthfulness.

It is often said one need not tell all one knows. But why need one ever remember that he knows it, if it is something which should be forgotten? There is a reticence of spirit as well as of words which is allied to that same kind of moral force which will lead a puny, hungry child to hover round the cake and candy counter of some store, his eyes gloating on their dainties, his hands extended over them longingly, and yet to turn away without touching them. He rejects the temptation, not from fear of being caught, but from the innate sense that its delights are not his, even if as a little socialist he thinks they should be.

There is still another form of verbal dishonesty: that of reserving one's last card, as it is called, to win a point, when honor demands that one's hand should earlier be seen. So doing often means the holding back of something to

the injury of another. It is urged that such self-defence is necessary in business, else one cannot get on. Also it is declared that, if the speaker knows his listener has misunderstood him, and that such lack of comprehension will accrue to his benefit, he need not explain further to his ultimate loss thereby. That is just being foxy! To let a man leave you carrying away his misconception is not justified by any modern, complex way of doing business or philanthropy. Rather than be skilled in such makeshifts for honesty of speech, it is better to cultivate its fine art, which considers any form of untruthfulness, whether of speech or silence, as robbery of somebody's else possession of himself, his reputation and belongings.

How Grandma Cooked

By Mrs. Frances H. Howard

"ALL this talk among you cooking-school girls, strikes me like a foreign language, and your description of the utensils you use is like to the stories of travelers. I'm sure I shouldn't know how to use them myself, and, as I've listened to your chatter, my thought has gone back to the days when grandma used to visit us, and mother would let her cook in her old-fashioned way. As I wasn't a strong child, and couldn't play out as my brothers did, I used to trot around after the dear old lady, and watch her prepare the food that in some mysterious way always tasted better than any other.

"As she worked, she had a way of always explaining why she did each thing, and soon I became greatly interested, and, when I married and had a house of my own, I found that many of the things that grandma had told me still stayed in my memory, and proved most useful in helping me to do things well. One of these was thoroughly impressed on me. It was that 'good cooking cannot be made out of bad marketing,' and the longer I cooked, the more convinced I became of this. And there was another point she emphasized strongly, and that was, 'Be sure your butcher does his work properly.' Make him cut through every joint carefully, and then your carving can be done easily and consequently gracefully. You know that English women usually carve the joint,—I mean such as have few or no servants,—and no woman would be willing to do that if she had to screw and twist as some of our men do, and perhaps slide the obstinate piece on the table-cloth at last, to an accompaniment of verbal energy which might well be eliminated from the social ideals of the table.

"Then, again, as you talk of your flavorings, etc., I wonder how you know what you are eating. In grandma's day, she used to say everything should have a distinct flavor of the substance from which it was made. Soup, for instance, if made from beef, should have the flavor of beef, and so of mutton or veal. And she always said that, when any meat had done duty as the foundation of any soup, it wasn't good for much else."

"But, grandma," said Elsie, "that's one of the things we are proud of. We think it's a triumph of kitchen science

that we can take the beef that has been boiled to rags, and fix it up so it is eatable in some other dish."

"I dare say; but, because it is eatable, it isn't necessarily nutritious, and we old-fashioned people used to think that food was intended to serve the body's needs, not the whims of a created appetite."

"Now there, grandma, you talk like these hygienic faddists who claim that folks nowadays live to eat, and ought rather to eat to live."

"Well, there's some truth in their idea, surely, but, as I remember the old-time cooking, there was some temptation, even in those days, to 'live to eat.'"

"Now, grandma," pleaded Myra, "tell us about the way you served meals in those days, and how you cooked them."

"I'd better tell you how my grandmother did, for my early days were familiar with the modern cooking stove, and therefore not so very unlike what some of you can remember."

"That reminds me," said Grace, "of a saying of my mother's, that things often get so old they are new."

"Perhaps you'll like to hear about one of the earliest cooking stoves that came into use. Of course, all such stoves were planned for burning wood, as coal had not then come into general use, and gas had not been heard of. An old lady whom I occasionally visited had one which had a deep fire-box in front, with two lids. The top of the front of the stove extended back to form the floor of the oven, and was supported by a long leg. At the front of the top of the oven was a hinged lid which could be turned up to enable one to set in or take off a kettle immediately over the fire, and then, dropped down again, it made quite a surface to the top of the whole concern. The sides of the fire-box extended so when this lid was down it rested on them, and thus any kettle which was over the fire was enclosed in a sort of iron box, open at the front. I used to think what a delightful play-house it would make, if only it wasn't hot. A 'tin kitchen' was fitted to slide in between the fire-box and the long leg behind, thus having the fire in front, the oven overhead, and lifted by its own legs above the stone hearth. In this a turkey or a pig could be roasted, and by pulling the whole thing out a little, endwise, the roast could easily be basted.

"Thus, you see, it was cooked in the open air, so to speak, much as it used to be before the fire in the old fireplace.

"To my taste, no roast of the present day should be called a roast. It is simply baked, and the flavor of any meat baked in a close oven cannot, to my taste, equal that of the old-time roast."

"Did she use a spit, grandma?"

"Yes, but the spit wasn't turned constantly, as in the olden times when the roast was cooked before the open fire. This tin thing held and reflected the heat, so that the roast was done to a turn, and perfectly browned.

"Another stove, of which I knew, had a deep box under the broad hearth in front, and the woman who cooked by it used to draw out coals and fill it, and that heated the hearth so, when covered by a tin cover, made to set on closely and open toward the fire, pies could be baked there. So, with four in the oven and two on the hearth, six pies were baked at one time."

What the Restaurant Manager Wanted

By Helen Campbell

WHY was he coming? This was the question that troubled Mrs. Hetty Pearson, owner of a chicken farm always enlarging its boundaries, and sending daily to the big city not far away "broilers" of unsurpassed excellence, fattened to precisely the right point, and hardly a half-ounce difference in the weight chosen as the standard. She had learned it all, bit by bit, studying authorities, experimenting on her own account, till the thing had become a science, and she was regarded by the whole countryside as an authority, not alone in chicken-raising, but in bee-keeping as well. Left a widow with five children, three of them boys, and no capital save an acre of land with its little house and barn and her own two hands, she had seen what might be done, and worked it out patiently and steadily, adding presently, bit by bit, other acres, and stopping when there were just enough for her purpose. The sons, all of them experts also,—for she had taught them all she knew,—had, one by one, graduated from a famous agricultural college, and been called to fill positions each in his own line of work; and now the twins, girls of eighteen, were beginning the same course, and would be her assistants when it had ended.

"A fine chance for all of them," the mother said, "but I'm not sure I do not like best the way it had to come to me, necessity my teacher in the beginning, and every day a voyage of discovery. It's all very simple now, but it wasn't simple fifteen years ago, I can assure you."

This morning in mid-September a telegram had come. The manager himself of the great restaurant on Chestnut Street would arrive at ten, and something must be wrong, since his time was precious, and he allowed few interruptions. The routine had become almost purely mechanical,—so many chickens, all "broilers," sent in daily, and a monthly bill for same paid as promptly, the great man himself seen hardly once a year, when he amused himself with a trip to the farm and a careful survey of any additional improvement. Even as she stood by one of the "runs," he was there, bowing profoundly, as he always did, and then, to her surprise, sitting down at once on the bench under the golden pippin tree.

"It's a definite proposition," he began; and Mrs. Pearson started suddenly, then bit her lips to suppress a laugh as he went on. "A definite proposition, madame. Make the second joint of your chickens into white meat, and you'll be a millionaire before you know it. What the whole world appears to be after is white meat. They all order it, and it's a fight to convince them that somebody has got to eat the dark. With broilers it's all right. Any man eats the whole of one, and might call for another; but, with roast, all you can do is to divide in four portions,—two white and two dark. They see other folks with white meat, but won't see that there isn't enough to go round. Now I've been turning it all over. You've got more brains than any woman I ever dealt with. Can't you cipher out some way of whitening up the second joint, so there'll be three portions of white meat instead of two? Ain't there some way of tying them up or something so the blood will run out? Cut 'em down in their exercise maybe; tie 'em to a board, perhaps, like the Strasbourg geese"—

But now he stopped, for Mrs. Pearson's cheeks were red, and she shook her head decisively.

"No, sir. No chicken in my runs gets tied to boards or anything else. What kind of flavor do you suppose there'd be in a chicken brought up on a board? It's because I give them every kind of a chance, good as I'd give human beings, if I could, that they come to you as perfect as a broiler can be, if I do say it. It's healthy meat, tender and fine-grained, made out of the best food I can get, and fresh air and sun and water to match. No boards for me."

The manager laughed a little uneasily, and now he looked around. What he saw was, as usual, a cleanliness almost fanatical, water and feeding troughs scrubbed and sunned, fresh gravel daily, and a care as minute for every perch or box. "Every hen with its hair curled and a white apron," one of the envious neighbors had said derisively, and certainly the fat, contented, softly clucking mothers of big broods seemed almost to meet that description. It was incubator chickens only that turned to broilers when their short career was over.

"When it's eggs I'm after," Mrs. Pearson said, "I want them laid by a hen that has come up naturally and been brooded and scratched for the way a chicken ought to be. But, when it's broilers with only six weeks or so before them, I don't mind turning them out by fifties, and just putting them straight through the regular course. I never thought I could make a big business of it, but I have, and it's bigger every year."

All this went swiftly through her mind again as the stout gentleman looked at her meditatively, took another turn about the "run" in which all the prospective broilers were at present scratching peacefully, then once more seated himself before her.

"It's this way, Mrs. Pearson. I turned it over all the way out. If that man Burbank in California can make white flowers into purple and red, and get six kinds of fruit into one, and all that, why shouldn't a chicken-raiser find out how to make chickens grow all white meat? They say borax bleaches. Now what harm would it do just to try awhile? Give 'em borax, not enough to hurt, but enough to see if bleaching can't go on inside as well as outside. I'm in dead earnest, I tell you. I don't know enough about it to talk sense, maybe, but it'll be money in your pocket, I can tell you, if you can find a way."

The manager's face was flushed with earnestness, and his twinkling eyes were serious. "Try it," he said, "and, if it won't work after you've done all you know how, why I'll pay any extra expense it was. Maybe electricity might work it,—borax and electricity. They say everything grows faster that comes under electric light influence."

"I wouldn't have my chickens kept awake nights, not if it turned them all breast," said Mrs. Pearson, indignantly. "Other folks may try it if they want to, but I say a broiler has a short life anyhow, and it shan't be made miserable for money nor science nor anything else. When I stir in borax and electricity into a mess of chicken feed, you'll know I've lost my senses. You may laugh if you like, but I love every one of them,—poor helpless things,—and treat them according; and I am pretty certain it's that and everything else to kind of correspond that makes them sort of famous, you might say. But I'm willing to study over it, and I'll ask the boys what they think. We interfere with 'most everything the Lord has put into the world, and I suppose the chickens have got to take their turn. If it comes to anything, I'll let you know."

The manager rose, and looked sadly

into the run. "It ought to be all white meat, and you'd think so, too, if you ran the kind of thing I do," he said with feeling. "Try it, anyhow." And now he bowed and hastened out to the road to the railroad station, and the mistress of the "runs" stood for a moment watching him, then sank on the bench under the apple-tree, and laughed till the tears ran.

"Don't you worry, you poor dears," she said, for inquiring broilers were putting their heads through the wire netting. "Don't you worry one mite. No borax nor electricity for one of you!" And now she went into the house, and wrote a letter to the "boys," detailing the morning's interview, and asking if any scientists fooling with microbes was disposed to stop and see what could be done with larger quarry. And, as no white-meat second joints have yet been seen in the portions served in the great restaurant, it is safe to conclude that the matter is still under consideration.

Lessons in Cookery and Food Economy

By Mary D. Chambers

Part III

Starchy Foods

A DETAILED study of the starchy foods has usually been assigned to her classes by the writer at the close of the school year, for the following reasons:—

1. In the fall term fruits and vegetables are naturally studied, for not only do the markets then afford a great variety of these foods at a low cost, but many of the vegetables then in season furnish excellent material for the illustration of certain principles fundamental to the proper cooking of all vegetables. For instance, green corn, which can be used with such facility to show the effect of salt on cellulose, and squash, or egg plant, which is excellent material for illustrating the effect on flavor of high temperature, cannot be procured in the spring, or are available only at a high price, while in the fall they are cheap and abundant. The winter term is devoted to animal foods, and in the spring the more complex dishes, such as flour mixtures, puddings, etc., are studied, which involve the combination of both animal and vegetable foods.

2. The study of starchy foods involves rather complex chemical processes, and, coming to us as they do in a highly manufactured condition, demand better-trained observation and discrimination on the part of the student.

3. The "flour mixtures," to the child of any age, are extremely alluring, stimulate the flagging interest resulting from the spring weather, call for the use of eggs when eggs are cheapest, and do not require the use of so many individual gas burners when the room is warmest, since baking can be done in the general oven, which has, or ought to have, asbestos-lined doors, to prevent radiation of heat into the room. Therefore, for these reasons, economic, psychologic, and hygienic, the flour

mixtures and starchy foods are given in the spring term of the school year, which we will play is the present time.

Note.—In the following lessons the teacher's aim, in the selection of material, will usually be given in the main title, the sub-title standing for the student's aim.

Lesson I

Dextrin: its Production and Properties

Milk Toast

Cut a slice of bread, one-half an inch thick, from an ordinary brick loaf, and dry it out at a low temperature, either in a cool oven or under the individual gas-burner, until perfectly hard and brittle. Then, slightly increasing the heat, let it get well browned all through. Dip quickly into boiling salted water, place on hot plate, and pour over it one-quarter a cup of thin white sauce. This is delicious when eaten at once.

Thin White Sauce, Small Portion

One teaspoonful of butter, one teaspoonful of flour, one-quarter a cup of rich milk, a dash of salt.

Melt butter (barely allowing it to liquefy, as butter fat is readily decomposed by heat, and rendered less wholesome), stir in flour, add milk, and stir mixture until it boils.

Savory Toast

Prepare bread as before, and pour over it a brown sauce made in precisely the same way as the white sauce, only that well-browned flour is substituted for the white flour, and a bouillon made from Liebig's Extract (one-fourth a teaspoonful to one cup of water), highly seasoned, is substituted for the milk.

Toast Water. Old English Recipe

Prepare bread as before, allowing it to become as brown as possible. Half fill a pitcher with the well-browned slices, then fill up with boiling water. Cover, and let stand until cold. Decant liquid, which should be the color of weak tea, and serve, chilled, in tall glasses with a slice of lemon in each.

Fruit Bread Pudding, No. 1

One cup of stale bread crumbs, half a cup of sugar, one cup and one-half of milk, two tablespoonfuls of butter, melted, half a cup of chopped dates, one well-beaten egg. Mix in order given, and steam one hour in buttered pudding mould.

Fruit Bread Pudding, No. 2

Same as foregoing, only for the ordinary stale crumbs are substituted crumbs made by rolling and sifting well-browned toast. Serve with

Jelly Sauce

One tablespoonful of butter, one tablespoonful of flour, one cup of water, two tablespoonfuls of sugar, one heaping tablespoonful of apple or currant jelly.

Proceed as for white sauce, adding sugar and jelly last, and stirring until jelly is melted.

Corroborative Experiments

1. Raw starch, from potato, wheat, corn, and rice, examined under microscope.

2. Cooked starch, same varieties, examined under microscope.

3. Any one of the varieties observed in 1 and 2 tested with iodine.

4. Raw starch blended with eight to ten times its volume of cold water. Let stand until completely settled. Does super-natant liquid appear to hold any substance in solution?

5. Well-browned starch blended with cold water in the same proportion as foregoing, and allowed to stand and settle. Compare with 4.

6. Decant liquid from 4 and 5, and test with iodine, test precipitate in each.

7. In each of four small saucepans, or beakers, boil one half-cup of water.

Stir into the first one tablespoonful of dry starch, into the second one tablespoonful of starch well mixed with an equal amount of sugar, into the third one tablespoonful of starch mixed with half its volume of butter, into the fourth one tablespoonful of starch mixed with an equal volume of water. Compare results after allowing to boil for a few minutes.

References

"Food and Dietetics," Hutchison, pp. 156, 157, 378, 383, 385. "Foods," Church, pp. 28, 29. "Chemistry in Daily Life," Lassar-Cohn, pp. 67, 86. "Practical Dietetics," Gilman Thompson, p. 133.

Questions

Compare the sauces for the savory toast and the milk toast. Suggest some method to make the brown sauce equal to the white sauce in thickness.

Has toast water any nutritive value? What is the substance held in solution in this dish?

Which kept its shape best, the fruit pudding made by the first method or that made by the second? Which was the more friable when cut? Account for this difference. What could be added to one pudding to make it of as firm a texture as the other?

What is the most expensive variety of starch on the market? How is it frequently adulterated? What is the best way to detect such adulteration?

What physical and chemical changes take place when starch is cooked in water? When it is exposed to dry heat?

Account for the formation of agglutinated masses in experiment 7, cite common examples of the same in unskilful cooking, and discuss various ways to prevent their occurrence.

In what dishes could the successful methods employed in No. 7 be most appropriately used?

At what temperature is starch converted into dextrin?

At what temperature, respectively, are the starches of potato, wheat, corn, and rice gelatinized?

Compare the effect of cooking on starch and on vegetable proteids.

Why is cooking necessary to the digestion of starch by man?

Name the chief starch-yielding plants. How has the characteristic "marking" of the various starch granules been accounted for?

What are the chief cereal-producing countries? What cereals are most largely used?

Is the term "carbohydrate" scientifically correct?

State precisely the chemical composition of starch, cellulose, and dextrin. Account for their differences. Name other substances, studied in your chemistry, which exemplify analogous differences.

If Frowning Fate

By Lucia W. Eames

If frowning Fate should chance to turn,
And, smiling sweetly, say to me,
"Daughter, speak out thy dearest wish,
And I will straightway grant it thee,"

Through trembling lips, long dumb with pain,
Quickly the answer back would fly,
"Oh, let me go, and humbly kneel
Where one I love doth suffering lie,

"And there upon his breast let fall
My pitying tears so long repressed,
Then, stroking tenderly the brow,
Soothe him once gently into rest!"

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NO EXCUSE FOR SLOVENLINESS

EDUCATIONAL attainments will no longer excuse slovenliness in dress and manners among women. This truth was the feature of the address to students of Bryn Mawr by the president, Miss M. Carey Thomas.

First she recalled the much-discussed lecture of Henry James, in which he urged the exercise of more care in conversation and writing and an effort to use purer English. But this, she said, was a detail of education, which the matter of personal appearance is not.

The day of the college frump, said the president, was past, and she was glad of it. Slovenliness in dress and manners was no longer overlooked in a woman, no matter how brilliant she might be. As the college woman came to be less of a curiosity and her numbers increased, she could not afford to be so careless of the little things which others of her sex regarded.

Miss Thomas urged the girls to be tidy, and to see that they reflected credit on their Alma Mater when they appeared in public. She said that there was no tax which the college paid more cheerfully than that for water, and that there was plenty of water, hot and cold, in the buildings.

This admonition is fit and timely. Young women should realize that neatness or cleanliness is a virtue. The care of self and one's environments reveals character. The rude, slouching, cowboy air, not infrequently seen among modern school-girls, does not augur well. It grates harshly upon the nerves of sensitive people. The fact that "manners maketh man" holds good even in the school or college for young women. Habits of neatness and order are superior qualifications in men or women, while the slack or disorderly is well-nigh intolerable.

AS OTHERS SEE US

ACCORDING to cable despatch to the Boston *Herald*, Professor Maartens, the celebrated authority on international law, when he arrived in Paris lately, declared that it was a great relief to him to reach Europe again:—

"Few men ever went through a harder strain," remarked the noted Russian. "We had literally no repose, even when we found time for a few hours' sleep. The atmosphere seemed charged with a kind of moral electricity. I think it was due to the nervousness of the American people who live normally only during excitement that would kill the average human being. I believe we have got the lasting friendship of the people of the

United States. Certainly, we are grateful for their touching courtesy.

"The first thing I did when I got on board ship was to order a civilized meal. If I had passed two more weeks at Portsmouth, I would have had no stomach at all. They are a great people, our friends, the Americans, but they are wholly unconscious of the art of eating."

That dyspepsia and nervous prostration are prevalent disorders in this land of plenty is pretty generally known and acknowledged, but that ill-feeding is the chief cause of these troubles is not so clearly understood. People cannot stop to prepare food skilfully or to eat properly. The art of eating is tabooed. Its bearing upon the health and happiness is ignored. Eating is quickly done to satisfy the cravings of hunger. In the country, even where appetite is strong and active, so many people have bad teeth and poor stomachs; and these are due largely to food ill combined and poorly prepared. Surely, the culinary art cannot be neglected with impunity.

ABOUT TYPHOID

THE suggestion of a New York physician that country places where summer boarders are taken should be required to have a license, approved by the health authorities, showing that the place is sanitary, is not a bad idea; but it is questionable whether a law of that kind could be passed in any State where summer boarders congregate. We now have laws requiring the inspection of cow stables from which milk is sent to the cities, but no law to require farmers who take boarders to have the sanitary condition of their homes certified by competent authority. This fall, as every fall, there is much talk about the development of typhoid in persons returning from the country. One wonders sometimes why so few are stricken while away. They stay weeks or months at a certain place where no typhoid is known to be, and on returning home are soon prostrated. Is there something in the city air that develops malignity in germs that were innocuous while they remained in the country? There is no law preventing a person from refusing to go to a place the proprietor of which will not procure an official certificate of its sanitary condition.

The foregoing suggestions are significant and worthy of consideration on the part of country housekeepers. While the requirement of a sanitary certificate may seem to savor of interference with private rights, certainly it behooves country people to see to it that their homes are made wholesome and kept so above suspicion. Disagreeable though it may be, the sanitary condition of many a country home is not what it should be. It is the chief source of dread and menace to the summer visitor. And in many instances the remedy lies, not in large expenditure of money, but simply in the thoughtfulness and personal effort of the proprietor. The country farmer who takes summer boarders has ample time at his command to make his place clean, wholesome, and attractive from every point of view,—this, too, with his own hands and free from any considerable expense. The advantages thereof are immeasurable.

PURE FOOD

A GREAT deal that is said about pure food is sheer nonsense. There are those who seem to think the reformation of the State depends upon an outcry against impure foods. The efforts of our Department of Agriculture and State legislatures to protect the public from adulteration and fraud in proprietary articles and the like should receive, and do receive, universal approval and support. No part of governmental work is more

practical and serviceable than this. At the same time it is still true that our staple food products cannot well be adulterated, while things of doubtful character and quality should be always avoided.

At any rate, protected as we now are, the danger of disorder from impure food is far less than that which arises from ill-prepared and ill-cooked food. The ills of life that spring from this source are untold. Malnutrition, unsuitably fed and nourished, is the pronounced cause of countless cases of impaired health in city and town. People, who are over-scrupulous about many things, will relegate the preparation of food, which calls for skill and intelligence, to those who are utterly inexperienced and unqualified for the task.

"They who provide food for the world decide the health of the world. You have only to go on some errand amid the taverns and the hotels of the United States and Great Britain, to appreciate the fact that a vast multitude of the human race are slaughtered by incompetent cookery. Though a young woman may have taken lessons in painting and lessons in astronomy, she is not well educated unless she has taken lessons in dough."

THE *Cooking-School Magazine* is high-class authority on the subject of cookery. In content, it is not only up-to-date, but eminently practical. Its entire strength is devoted to a single subject. Practical housekeeping, without distraction or alloy, is its theme. With this, our Thanksgiving number, we send our patrons greetings and best wishes for hearty good cheer. As a Christmas gift, we want to receive, by the aid of our friends, 10,000 new subscribers. This is a modest wish. Will our readers respond? In return we will give to each earnest reader that which is of greater value than we receive.

READ the advertising pages of the *Cooking-School Magazine*, where the very best of everything in the culinary line is represented. We are repeatedly urged to state where this or that item mentioned in the magazine can be procured. A careful examination of our advertisements will disclose the name and address of the proper dealer who can furnish respectively the utensil, appliance, or product referred to, and in each case the quality of the article may be depended on as strictly first-class in every particular.

THE Life of Love and Service is the symmetrical life. And the Life of Love is the life which, in expression and action, gives wisely. It is not wise for one to give that which he requires more than the recipient. It is not beautiful to offer to another what the latter does not wish or may not receive. It is neither wise nor beautiful to regard one Soul as superior to another, even if that other is Yourself.—*Maeterlinck.*

When Elijah was utterly depressed in mind and ready to die of a broken heart, God gave him a quiet desert, far from distraction, then a good sleep, then a comfortable meal, then sleep again, then more good food, then a six weeks' vacation. After that he recovered his spirits, and was greatly improved in his faith in God as well as in bodily condition.—*Selected.*

Like the Greeks and Italians and all who represent the classic spirit in art, the Japanese have always regarded the adornment of a household utensil, the decoration of a room, the painting of a picture, as but various expressions of the same impulse,—the desire to beautify human life.

Hearty foods are those in which there is an abundance of potential energy.



Centerpiece with Small Squashes as Foundation

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Oyster Cocktail in Red Pepper Cups

Select medium-sized, sweet red peppers. Cut the stem end carefully, to allow the pepper to stand level on the plate. With a thin, sharp knife cut the opposite end in points, thus forming a cup. Loosen the seed receptacle carefully from the pepper, that it may hold the liquid. The pepper cups may be used to hold the oysters and the cocktail liquid; or, the oysters, set in place on oyster plates, may when eaten be dipped into the cocktail liquid in the pepper cups, set in the centre of the oyster plates. In either case let the oysters be thoroughly chilled. Serve five or six oysters as one service. For these mix one-fourth a teaspoonful of grated horseradish, three or four drops of tabasco sauce, one-fourth a teaspoonful of Worcestershire sauce, one tablespoonful of tomato catsup, and about half a tablespoonful of lemon juice.

Cream-of-Oyster Soup

Scald one quart of milk, half a small onion, two sprigs of parsley, and half a cup of celery leaves and stalks over hot water. Stir one-fourth a cup of flour with milk to pour, then stir into the scalded milk. Continue stirring until the mixture thickens, then cover, and let cook twenty minutes. Pour a cup of cold water over a quart of oysters, and look them over carefully, to remove any bits of shell adhering to the oysters. Strain the liquid through a cheese-cloth, then heat to the boiling-point. Add the oysters, and bring again to the boiling point. Skim, then strain in the thickened-and-flavored milk. Add a tablespoonful of salt (more may be needed), a generous dash of black pep-

per, and stir in, little by little, one-fourth a cup of butter. This quantity will serve six.



Oyster Cocktail in Red Pepper Cups on Green leaf-shaped Doilies

Oyster Pilau

(Luncheon or Supper Dish)

Plunge a green pepper in boiling water, and then with a towel rub off the thin outer skin. Chop the pepper and a peeled onion very fine, then cook them in one-third a cup of butter



Sucking Pig ready for the Oven

melted in a frying-pan. Set three-fourths a cup of rice over the fire in a quart of boiling water, and bring quickly to the boiling-point. Let boil three minutes, then drain, and rinse in cold water. When again drained, add to the pepper and onion, with three cups of stock or water, a "soup bag," or a few sweet herbs tied in a sprig of parsley, four tomatoes, peeled, freed from seeds, and cut in large pieces, and a teaspoonful of salt. Turn the whole into a casserole, cover, and let cook in a moderate oven about twenty minutes or until the rice is nearly tender, then add from a pint to

a quart of oysters, washed and freed from bits of shell. Carefully stir the oysters into the rice, add more salt, if needed, cover, and let cook about fifteen minutes or until the oysters are well plumped. The liquor and water, rinsed from the oysters and strained through a double cheese-cloth, may form part of the liquid in which the oysters are cooked.

Sucking Pig, Roasted

The pig may be from four to six weeks old. One six weeks old, and weighing sixteen pounds, though rather long to handle easily, will be found most delicate eating. Wash, and wipe inside and out with care, rub over the inside with salt, and, if desired, black pepper. Fill the cavity with a bread or other dressing, and sew up the slit made in dressing the pig. Wrap the ears and tail curled over the back in buttered papers, fastening each securely with a stitch. Put a cork in the mouth, to hold it open. Tie two or three strips of cotton round the pig to hold in an upright position, resting on the legs pressed forward. Rub the outside with salt and pepper, and dredge with flour. Set to cook in a moderate oven. Baste every fifteen minutes with the fat in the pan or with butter melted in hot water. Cook from three to four hours. Turn the pig occasionally, that all sides and the under part may be evenly cooked. Serve with apple sauce and cabbage, celery, apple, or orange salad.



Thanksgiving Salad. Page 190



Sucking Pig ready for the Table

Bread Stuffing for Roast Pig

Cut the liver in slices. Over these pour boiling water, and let stand ten

or fifteen minutes, then drain. Add a dozen sage leaves, scalded in boiling water and drained, and three small, mild onions, parboiled until nearly tender and drained. Chop the whole very fine, then add ten or twelve ounces of stale bread, pressed through a colander, a teaspoonful or more of salt, and a generous measure of black pepper (half a teaspoonful will be none too much for some tastes). Mix thoroughly, then mix again with one-third a cup of melted butter. A pig a month old will take more dressing than is here given, but possibly this quantity may suffice, as none is needed to keep the pig in shape.



Stuffed Egg Plant

Stuffed Egg Plant

Cut the egg plant in halves, and cook slowly in boiling water about thirty minutes. Drain carefully, then scoop out the centre from each half to leave a wall half an inch thick. Chop fine the portion taken from the egg plant. Add a tablespoonful, each, of fine-chopped parsley and green pepper pod, a cup of fine-chopped, cooked, chicken or veal, a teaspoonful of salt, paprika to taste, half a cup of tomato purée or a raw tomato, chopped fine, and one-fourth a cup of soft bread crumbs, moistened with two tablespoonfuls of melted butter. Mix all together thoroughly, adding tomato or bread crumbs as is needed to give a good consistency. Fill the shells with the mixture. Cover the tops with cracker crumbs mixed with melted butter, and bake about twenty minutes. Serve as an entrée or as a hot dish for supper or high tea.



Mashed Potatoes, Vienna Style

Thanksgiving Salad

Cut four peeled truffles into thin slices, and the slices into small squares.

Cut four sweet red peppers into small squares. Add twice the quantity of cooked chicken-breast, cut in pieces rather larger than those of the truffles and peppers, add as much sliced celery as of chicken. Dress with salt, pepper, oil, and vinegar. Dispose on a bed of lettuce leaves, and mask with mayonnaise dressing. Garnish with curled celery, rings cut from sweet red peppers, and parsley.

Potatoes, Vienna Style

Mash hot well-cooked-and-drained potatoes, and season liberally with salt and butter. Add a very little cream or rich milk, and beat until light and smooth. Two or three beaten egg yolks may be added, but are not a necessity. The mixture needs be dry rather than moist. Shape into portions similar to a Vienna roll having pointed ends. Score each three times, to simulate the roll, brush over with the yolk of an egg beaten and diluted with a little milk, and set into the oven, to become very hot, and brown the top. Serve with any dish with which mashed potato is called for.

Sweet Potato Fritters

Pare and cut in halves the requisite number of sweet potatoes. Cook until tender in boiling salted water. Drain, then pour over the potato a little brandy or wine, a few teaspoonfuls of lemon juice, and a generous sprinkling of salt. Let stand till ready to cook, then dip in fritter batter, and fry in deep fat. Serve as any sweet potatoes. Drain the potatoes on soft paper as they are fried. Do not let the slices touch each other while draining. Keep them hot in the oven until all are cooked. A recipe for fritter batter was given on page 144 of the October magazine.



Sweet Potato Fritters

Cranberry Jelly

Boil one quart of cranberries and a cup of water five minutes after boiling begins. Let the dish be covered, but lift the cover, occasionally, to avoid overflow. The boiling should be vigorous. Pass the berries through a sieve. Add two cups of sugar. Stir until well mixed, and turn at once into an earthen or granite bowl or mould. The mixture will not jelly in tin, or if it be boiled after the addition of sugar. Cranberries left on the stems upon which they grow form a handsome decoration for a mould of jelly.



Cranberry Jelly

Tomatoes, Shaker Style

Take one quart of either canned tomatoes or fresh, cut in slices. Add a

teaspoonful of salt and a dash of pepper, cover, and let simmer half an hour, then add one cup of cream, mixed with



Doughnuts

two level tablespoonfuls of cornstarch, and sugar to taste. Let cook ten minutes, then add two tablespoonfuls of butter in little bits, and serve at once.

Cabbage Salad

(To serve with Cold Roast Pig or with Oysters, Baked Beans, etc.)

Beat the yolks of three eggs. Add half a teaspoonful of mustard, mixed for the table, two tablespoonfuls of sugar, one teaspoonful of curry powder, half a teaspoonful of grated horseradish, three or four drops of tabasco sauce, two tablespoonfuls of butter, and five tablespoonfuls of vinegar. Stir constantly while cooking over hot water until the mixture is thick and smooth. When cold and ready to use stir through a pint of shredded cabbage (cut the cabbage very fine), crisped in cold water and dried by wringing in a cloth.

Celery-and-Apple Salad, New Style

Cut tender, cleaned-and-crisped celery in quarter-inch slices. Mix with mayonnaise dressing into which grated apple has been stirred. Serve on lettuce leaves. Stir the apple into the dressing as fast as it is grated, to avoid its discoloring.

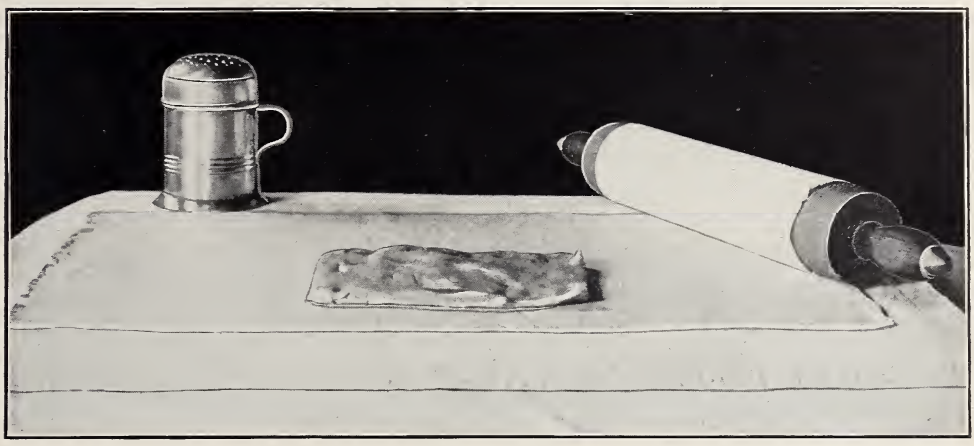
Fig Cake

Beat half a cup of butter to a cream. Gradually beat in one cup of sugar, then, alternately, half a cup of milk and two cups of sifted flour, sifted again with three level teaspoonfuls of baking-powder. Flavor with a tea-



Fig Cake

spoonful of vanilla extract, and beat in the whites of three eggs, beaten dry. Have ready between one-fourth and

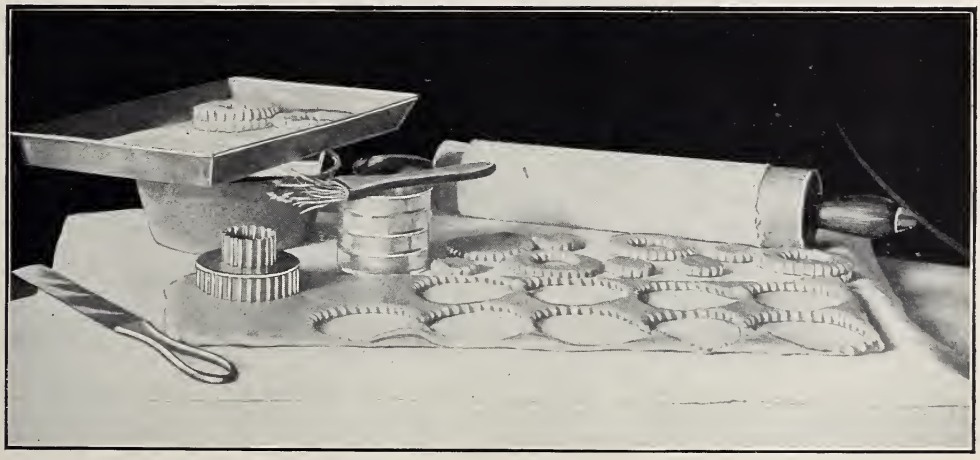


Butter laid on Sheet of Paste in which it is to be folded

one-half a pound of choice figs, such as have a tender, silky skin. Cut each in two or three pieces, and drop them into the cake mixture, here and there, as it is put into the pan. Bake about forty minutes. When cool, invert the loaf, and spread with a boiled frosting, made

Fig-and-Nut Filling for Layer Cake

Remove the stems from one-fourth a pound of figs. Let cook with a few tablespoonfuls of boiling water and sugar until well softened. Then chop fine. Add one-third a cup of English walnut meats, chopped fine, two or three tablespoonfuls of sherry wine, and a teaspoonful of lemon juice, and use as a filling between layers of cake.



Shaping Puff-paste Patties

of three-fourths a cup of sugar, one-fourth a cup of water, and the beaten white of one egg.

Plain Pastry

Pass through a sieve together two or three times, three cups of sifted

pastry flour, half a teaspoonful of salt, and half a teaspoonful of baking-powder. With the tips of the fingers



Patties ready to serve

or a knife work in two-thirds a cup of shortening. When this is evenly mixed through the flour, gradually mix to a dough, using a case-knife, with cold water. From three-eighths to three-fourths a cup will be needed. Work the dough with the knife until all the particles of dough are in a compact mass and the bowl is clean, then dredge the board with flour, and lift the dough on to it. Turn it with the knife until floured a little, then pat and roll out into a rectangular sheet. Roll up like a jelly roll, cover closely, and set aside for an hour or longer.

Puff Paste

Weigh out half a pound (one cup) of butter and half a pound (two cups) of pastry flour. Put two tablespoonfuls of the flour into a dredger for use when rolling the paste. Add one-fourth a teaspoonful of salt to the rest of the flour. Rinse an earthen bowl and a wooden spoon, or the hands, in hot water, then in cold, letting cold water, changed once or twice, stand in the bowl some time, or until chilled. Then refill the bowl with cold water, and in it work the butter with the hand or spoon until it is pliable and waxy throughout. Then pat it into a thin rectangular cake. Take off about two tablespoonfuls of the butter, and set the rest aside in a cool place until ready to use. With the tips of the fingers or a knife work the two tablespoonfuls of butter into the flour and salt. Then gradually add cold water, and mix the whole to a paste. About three-fourths a cup of water will be needed. The paste should be soft, yet of such a consistency that it does not stick when kneaded. Dredge a magic cover (used on board and pin) lightly with flour. Work it in thoroughly. Then knead the little ball of dough until it is elastic. Cover it with the mixing-bowl, and let "rest" five minutes. Then pat it with the rolling-pin and roll into a rectangular sheet. Have the sheet of paste a little more than twice the width



Pie Completed

Plate lined with Plain Paste for Squash Filling

and three times the length of the cake of butter. Set the butter in the middle of one-half the paste, the greatest length of the butter over the greatest length of the paste. Then turn the paste lengthwise over the butter, thus folding the paste in the centre, lengthwise, and enclosing the butter. Press the three open edges of paste together, to include the air. Then fold one end of the paste over and the other under the butter. There will now be three layers of paste over and three under the layer of butter. Press the edges of paste together firmly. Then turn the paste around, in order to roll the sheet of paste in a direction opposite to the first rolling. Let "rest" about five minutes. Then pat gently with the pin, to press the paste together in ridges and break up the enclosed air into smaller bubbles. Roll the paste into a long strip, taking pains to roll the butter between the layers of paste and without letting the paste break through to the butter. Keep the edges even. Fold the paste, to make three even layers, with edges perfectly straight. Then turn the paste half-way around, so as to roll in the opposite direction. Let "rest" a few minutes. Then pat and roll into a sheet as before. Fold to make three layers. Turn half-way around. Pat and roll out as before. Continue folding, turning, and rolling until the paste has been rolled out six times. Begin counting with the first rolling after the butter has been added. When rolling the sixth time, shape the paste for the article or articles to be cut from it. If the paste is to be used for patties, roll it into a rectangular piece of such size as will give twelve rounds and no more, two on the ends and six on the sides. Dip the pattie-cutter in hot water each time before cutting down into the paste. This will insure a clean cut. When convenient, it is best to have the paste thoroughly chilled before it is rolled out for the last time. Then, when cut, it is firm and easily handled. Dip the small or reverse end of the pattie-cutter in hot water, and cut out centres from half the rounds of paste. With a brush dipped in cold water wet the edges of the six rounds, and place the rings or rounds from which centres have been taken above them. Then with a spatula set the cases on a baking-tin covered with two or three folds of paper. Let chill on ice half an hour. Then bake about twenty-five minutes. Let the oven be very hot on the bottom when the patties are put into it. Then, as soon as they have risen to their full height, cover them with paper, push a baking-sheet beneath them, and reduce the heat. When ready to fill, with a thin, sharp-pointed knife cut out the centre to the depth of one-fourth an inch, and remove uncooked paste, if there be any. When filled, the paste, cut from the rounds when the rings were shaped and baked on a separate sheet, may be used as covers. Reheat the patties before filling.

Cream Filling for Patties

Have cooked chicken, veal, sweetbreads, or mushrooms, cut in small pieces of even size. Parboil oysters, drain, and, if large, cut in halves. For each generous cup of material make a scant cup of sauce. Melt two tablespoonfuls of butter. Cook in it two tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and pepper. Then gradually stir in one scant cup of cream, rich milk, or white stock (chicken, veal, or oyster broth), or half cream and half stock. When the sauce boils, add the cooked ingredients. Let the whole become very hot over hot water. Then use to fill the shells.

Filling with Brown Sauce, for Patties

Melt three tablespoonfuls of butter in a small saucepan. In it cook a slice

of onion and two slices of carrot until the vegetables are yellowed and softened. Take out the vegetables and cook the butter to a chestnut-brown color. Then add four tablespoonfuls of flour, with one-fourth a teaspoonful each, of salt and paprika. Stir and cook until the flour is well browned. Then add one cup of brown stock (beef or game broth), and stir and cook until smooth and the boiling-point is reached. Now add the cooked material, prepared as above, and fill the patties.

Fruit Cups with Apple Sherbet

Select red apples of tart flavor; cut in quarters, and remove any imperfections at cores or elsewhere. Pour on cold water to rather more than half cover the apples. Cover, and let cook until soft throughout, stirring once or twice. Drain through two or three folds of cheese-cloth, and set aside. Boil two cups of sugar and a quart of water twenty minutes. Do not count the time until boiling actually begins, and let boil vigorously during the whole time. When cold, add one cup and a half of the apple juice and the juice of two lemons. Then freeze in the usual manner. Have ready a bowl of fruit,—preserved quinces cut in small pieces, the pulp of an orange cut in pieces, a maraschino cherry for each cup, and a few skinned and seeded grapes, cut in halves. Mix with these syrup from the quinces (peaches or pears may be used), a little of the liquid from the cherries, a little wine, if approved, and a teaspoonful or two of lemon juice. At serving put a spoonful of this mixture in a glass cup and some of the apple sherbet above.

Squash Pie, Thanksgiving Style

Cream one-fourth a cup of butter. Beat into it three-fourths a cup of sugar, one-fourth a teaspoonful of salt, and half a teaspoonful of ground mace. Add the yolk of three eggs or one whole egg and the yolk of another, beaten light, two tablespoonfuls of sherry wine, if approved, one cup and a fourth of cooked-and-sifted squash, and a generous cup of rich, creamy milk. This makes a filling for one pie. Bake in a plate lined with puff or a good plain paste.

Ginger Balls

(Mrs. Gibson, Dayton, Ohio)

Cream three-fourths a cup of shortening (preferably lard and butter, half and half). Gradually beat in one cup of coffee "A" sugar, then three well-beaten eggs (the yolks of six answers quite as well). Pass through a sieve together three cups of flour, one teaspoonful of salt, and one level tablespoonful, each, of ginger and soda. Add these to the first mixture, alternately, with one cup of lukewarm water and one cup of New Orleans molasses. Bake in well-buttered popover irons about twenty-five minutes. The recipe makes two dozen balls. Two ounces of candied orange peel, softened in hot syrup and chopped fine, added to the creamed shortening and sugar, gives a variation good for occasional use. Do not omit the ginger.

Doughnuts

Pass together through a sieve five cups of sifted flour, half a teaspoonful of mace, one teaspoonful of salt, three and a half level teaspoonfuls of cream of tartar, and one level teaspoonful of soda. Beat one egg and the yolks of two more, add one cup of sugar, and, when well mixed, one cup of rich milk. Stir the liquid into the dry mixture, adding more flour, if needed, to make a soft dough. Take a little of the dough onto the board, pat into a sheet about an inch thick, cut into rounds, and fry in deep fat. Drain on soft paper, then dredge with powdered sugar.

Menus for a Week in November

Where the plan of serving vegetables as a special course is once tried, it will not be discontinued; and it is to be hoped that it will become, not merely an addition to the menu, but may supersede some of the heavier parts of the dinner.—*E. E. Mann.*

SUNDAY

Breakfast

Grapes.
Yeast Buns. Banana Coffee.

Dinner

Boiled Chicken. Cauliflower. Chicken Gravy.
Cranberry Sauce.
Egg Plant Fritters.
Apple Tapioca Pudding. Vanilla Ice-cream.
Coffee.

Supper

Hot Shredded Wheat Biscuit, Milk.
Ginger Balls. Apple Sauce. Tea.

WEDNESDAY

Breakfast

Grape-nuts, Cream.
Sausage. Baked Potatoes.
Hot Apple Sauce.
Rye-meal Muffins. Cocoa.

Luncheon

Creamed Haddock. Stewed Tomatoes.
Yeast Rolls.
Delicate Indian Pudding, Cream.
Banana Coffee.

Dinner

Cream-of-Onion Soup.
Stuffed Hearts.
String Beans. Mashed Potatoes.
Date Whip, Boiled Custard.
Coffee.

MONDAY

Breakfast

Cereal.
Broiled Ham, Potatoes Hashed in Milk.
Boston Brown Bread, Toasted.
Cereal Coffee.

Luncheon

Cream-of-Celery Soup.
Apple Dumplings, Hard Sauce.
Coffee.

Dinner

Timbales of Cauliflower, Bechamel Sauce
(Chicken Broth and Cream).
Chicken Salad. Bread and Butter.
Preserved Quinces. Cream.
Tea.

THURSDAY

Breakfast

Broiled Fresh Fish, Maître d'Hôtel Butter.
Baked Potato Cakes.
Corn-meal Muffins.
Cereal Coffee.

Luncheon

Succotash (Dried Lima Beans, Canned Corn).
Entire-wheat Biscuit (Baking-powder).
Doughnuts. Cheese.
Cocoa.

Dinner

Mock Bisque Soup, Croutons.
Cold Stuffed Hearts, Sliced Thin.
Sweet Potatoes, Candied.
Celery-and-Apple Salad.
Squash Pie. Tea.

TUESDAY

Breakfast

Cereal.
Hamburg Steak, Tomato Sauce.
Rice Griddle-cakes.
Coffee.

Luncheon

Salt Codfish Balls, Chili Sauce.
Queen of Puddings.
Coffee.

Dinner

Boiled Haddock, Egg Sauce.
Boiled Potatoes.
Cabbage Scalloped with Cheese.
Cranberry Pie.
Tea.

FRIDAY

Breakfast

Vermicelli Toast.
Baked Potatoes.
Waffles. Strained Honey.
Cereal Coffee.

Luncheon

Oyster Chowder.
Cabbage Salad.
Coffee Jelly, Whipped Cream.

Dinner

Cream-of-Corn Soup.
Egg-plant Stuffed with Nuts, etc.
Tomato Sauce.
Custard Soufflé. Sabayon Sauce.
Coffee.

SATURDAY

Breakfast

Cereal.
Hashed Hearts and Potato.
Broiled Bacon.
Breakfast Corn-cake.
Apple Marmalade.
Coffee. Cocoa.

Luncheon

Baked Beans, New York Style. Tomato Catsup.
Hot Buttered Toast.
Hot Dates.
Roasted Chestnuts.
Tea.

Dinner

Meat Pie (Stuffed Hearts) (Plain Paste or Biscuit Crust).
Baked Squash.
Hot Baked Sweet Apples, Cream.
Banana Coffee.

Thanksgiving Menus

. . . It is my duty to praise God. This is my business: I do it, and I call on you to join in the same song.—*Epictetus.*

Dinner (*Men's Society*)

Oysters on the Half-shell.
Deviled Brown Bread Sandwiches. Consommé.
Olives. Celery. Salted Almonds.
Clam Croquettes, Sauce Tartare. Parker House Rolls.
Young Rhode Island Turkey, Roasted,
Chestnut Stuffing, Cranberry Sauce. Duchess Potatoes, Vienna Style.
Egg Plant Fritters. Cider Frappé.
Ham of Young Pig, Roasted. Madeira Sauce.
Apple-and-Cress Salad. Hominy Croquettes.
Squash Pie, Thanksgiving Style. Currant Jelly Tarts.
Fruit. Cheese. Wafers. Coffee.

Dinner, Children's Home

Cream-of-Oyster Soup. Pickles. Crackers.
Roast Turkey, Sweet Potato Stuffing. Mashed Potato. Giblet Gravy.
Celery. Cranberry Sauce.
Hot Apple Pie, Vanilla Ice-cream. Sweet Cider.

Vegetarian Dinner

Mixed Vegetable Soup (Unthickened).
Broiled Mushrooms on Buttered Toast. Nut-and-Shredded Wheat Biscuit Loaf.
Cauliflower Scalloped with Cheese. Cranberry Sauce.
Celery-and-Apple Salad. Squash or Pumpkin Pie.
Fruit Ice-cream. Fig-and-Nut Cake. Coffee.

Dinner in Apartment

Clam Broth.
Fricassee of Chicken. Cranberry Sauce. Hot Baking-powder Biscuit.
Sweet Potatoes en Casserole. Celery.
Charlotte Russe. Preserved Ginger. Coffee.

Thanksgiving Day Supper (25 *Guests*)

I.

Bouillon. Escalloped Oysters.
Cold Turkey, Sliced Thin. Chicken Salad.
Yeast Rolls. Tiny Baking-powder Biscuit. Olives. Celery. Salted Butternuts.
Maple Ice-cream. Lady Fingers. Grape Juice Lemonade.

II.

Clam Broth. Ham from Young Pig in Aspic Jelly.
Oyster Salad. Turkey Salad. Boston Brown Bread Sandwiches.
Nut (Filbert) Bread Sandwiches. Fruit Cup with Lemon Sherbet. Coffee.

III. (*Family*)

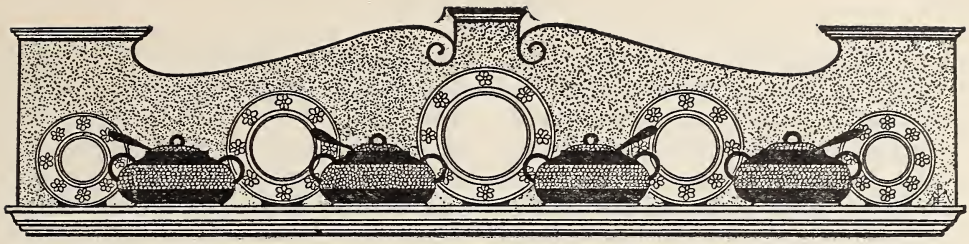
Oyster Stew. Pickles. Crackers. Pineapple-and-Celery Salad.

IV.

Clam Bouillon. Olives. Lettuce-and-Egg Salad.
Bread and Butter. Coffee.

V.

Brioche Buns. Banana Coffee.



After Breakfast Chat

By Janet M. Hill

"THEN he said unto them, Go your way, eat the fat, and drink the sweet, *and send portions unto them for whom nothing is prepared.*"

"Great suppers put the stomach to great pain:
Sup lightly, if good health you mean to gain."

IS it too strong an assertion to make that the prosperity and happiness of a country depends upon the cost of living? No matter what the wage, let the price of the necessities of life be high, and but little can be set aside for recreation, a "home," and the inevitable rainy day. In order to make life a pleasure, the provident must provide for the future.

For the last two or three years the price of all food supplies has been quite out of proportion to the income of the average family. Meat, poultry, eggs, and butter, have been rated at such a figure that they could not be included, except occasionally, in the supplies of families with limited incomes. Even flour, the stand-by of all classes and conditions of people, has doubled in price. Thus it is with satisfaction that the promise of Secretary Wilson, of the Department of Agriculture, is received. Secretary Wilson assures us that in the near future the cost of living will be reduced. Mr. Wilson's belief is well founded, being based on the fact that this year there has been an enormous crop of grain (corn and wheat) throughout the States of the Middle West. Thus the cost of the commodities, which form the base of all food supplies, must be lowered; and the price of flour, beef, poultry, eggs, milk, and butter, all of which are made directly or indirectly from grain, should be cut down accordingly.

But any considerable gain in this direction cannot be for long. We are in the midst of changing conditions. Beef and poultry can never again be as plentiful and cheap as when the Western plains furnished free pasturage for countless flocks, and turkeys of twenty-five pounds could be had for the hunting. However, in those days grapes, bananas, oranges, figs, pineapples, and dates were, one and all, luxuries brought to us from long distances and foreign lands. Even good apples and peaches were not common until a comparatively late day. Now our annual crop of apples and peaches is the envy and admiration of the world, while small domestic fruits and berries are so plentiful that they are used commonly on the tables of all but the very poor. Dates, figs, and bananas have high food value; and, with the facilities of quick transportation which we now enjoy, the price of these is such as to warrant a free use of them. Indeed, tropical fruits would seem to be the items on which we are to depend in the near future for a cheap food supply. Bananas, in Eastern cities, sell at retail

to-day for from 10 to 15 cents a dozen. It must be a very choice banana for which 20 or 25 cents a dozen is asked; and, when the Panama canal is completed, fruits can be brought from the Pacific even more quickly and at less cost. There are but few tropical fruits that the wonderful climate in California will not produce. With this outlook, have we not a promise of continuous prosperity and a cause for thankfulness? Let us not be oversolicitous for the future, but at this season, each and all, give from our abundance to him who is less liberally supplied.

The Thanksgiving table should be bright, even vivid, with autumn's own colors. A lavish display of vegetables and fruits is, at this time, permissible for table ornamentation. The oyster cocktail, with which many a Thanksgiving dinner opens, may give the note of color, if cups cut from sweet red peppers be used to hold the cocktail sauce or liquid. If the pepper cup be small, let the oysters lie on ice around it.

We have given roast pig in one or more of the menus. This dainty is rather out of fashion, we judge; for, though a large number is sold each year in the city markets, it holds no comparison to the fifty-two thousand consumed in the city of London in the year 1725. That roast pig is a delectable morsel, others than Charles Lamb are authority.

An old French author refers to roast pig in the following lines:—

"We loved him, silky-soft and plump and fine;
And, now that he has felt the crisping fire,
We wait his soul and body to enshrine,
A morsel for an epicure's desire."

The pig shown in the illustration was six weeks old, and weighed about sixteen pounds. Such a pig is rather too long for the oven of an ordinary range, and the platters of the average china closet, but it certainly proved a most delicate and savory plat. For æsthetic reasons a pig, boned and made into a galantine with forcemeat and truffles (a fit combination this), is often preferable, and has the added advantage of being easily carved. The cold remnants may be tastefully served with aspic jelly and cress.

In November, game abounds in the market, and is well worth a place in the Thanksgiving menu. Partridges, being white meat, need thorough cooking; and, if roasted, much basting is essential, to avoid dryness. An old authority, whose name eludes us, says, "Partridges should have gravy in the dish and bread sauce in a cup." A lettuce salad, *romaine* preferably, dressed with oil and tarragon vinegar, is the proper accompaniment.

Both oysters and puff paste in some form are thought by gourmets to be quite indispensable to a proper Thanksgiving feast. When raw oysters are discarded and pastry is reserved for the regulation pumpkin pie, why not try oyster croquettes? No more satisfactory entrée can be imagined; and they may be made ready for the final frying—a matter of five minutes at most—the day beforehand,—an item devoutly to be desired when a meal of many courses is essayed.

Pumpkin pie, time out of mind, has been associated with the meal we celebrate this month, because our colonial ancestors were supposed to have found pumpkins growing here on the land cultivated by the Indians, and from them evolved a new dish,—pumpkin pie. And now comes Elwanger with the assertion that pumpkin pie is not an American dish, but an English pie improved upon by the New England housewife. He asserts that three hundred years ago, in old England, a hole was cut in the side of the pumpkin, by which the seeds and filaments were

removed, and the then vacant space filled with apples. Thus stuffed and baked, the product became pumpkin pie.

In those days, in England, the pumpkin was raised under glass, so it is said. If this be true, we will venture the surmise that it was the aristocratic squash rather than the plebeian pumpkin that our English ancestors stuffed with apples and baked as a pie. Soon the New England Thanksgiving will be called a myth, engenddered in the brains of those who were writing for a syndicate. Let us not give up the fight so easily. Pumpkin (not squash) pie is a dish of colonial origin, and the only fit pastry with which to commemorate the day.

The "left-overs" from a Thanksgiving dinner are usually worthy of considerable attention. After all the really fine slices of turkey have been removed, the bits of meat picked from the bones may be used for one of several really palatable dishes. Perhaps the most *recherché* of these is made by heating the aforesaid bits in cream sauce, and disposing them on buttered toast with broiled mushrooms above. If the mushrooms at hand be not suitable for broiling, break them in pieces, sauté in butter, and use with the chicken and sauce in the form of croquettes. Failing mushrooms, crown the hashed meat with poached eggs. Chicken or turkey salad, made from these same bits, is a dish for any fête-day. Then there are creamed chicken or Turkey in Swedish timbale cases, puff paste patties, bread cases, or those made from boiled rice or farina. If the cook be unwonted to making these dishes, let her try risotto. Cook rice in broth, made from the bones, with tomato, slice of onion, etc., and then, just before serving, stir in the bits of meat, or turn the rice onto the centre of a dish, and dispose the creamed fowl around it.

Sweet cider frappé is the proper punch to serve before game; and, if the meal does not end with cheese (American), crackers, nuts, and California raisins, a fruit cup with apple or pineapple (on account of its digestive ferment) sherbet, as the base, would round out the meal to completion.

My Jewels

By Helen Knight Wyman

Gems are mine, more rich by far
Than the costliest diamonds are!

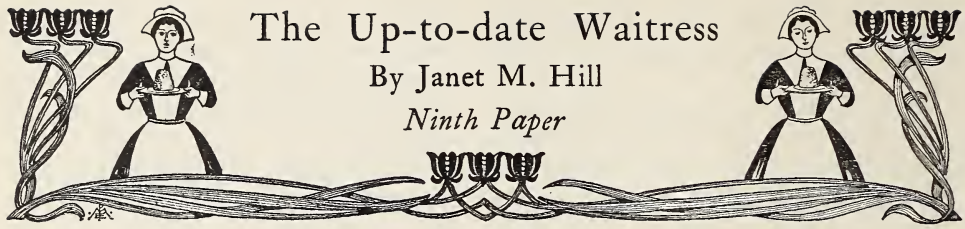
For I have the sapphire glow
Of the glorious sea, below;
And the topaz rays I love
In the sunshine up above:

All the rubies that I know
Pale before the sunset's glow;
And the pearl,—I see it gleam
In the fairy moonlight's beam.

Green the emerald is, and rare,—
Swaying trees are still more fair;
And the violets, dew-kissed,
Love I more than amethyst.

Though an empress gave to me
Crown and sceptre as a fee,
For her gems I would not part
With my own, untouched by art.

For my jewels all may be
Found in Nature's treasury,
And the only price I pay
Is to watch them lovingly!



The Up-to-date Waitress

By Janet M. Hill

Ninth Paper

Care of Sleeping-rooms

THOUGH a chambermaid may have charge of the sleeping-rooms, the waitress has the care of her own room; and many a time she is expected to care for all rooms. The same thoroughness of procedure that marks her downstairs work should be shown in her care of her own room or that of another. As soon as she is dressed, the windows, at all seasons at least partly open during the night, are thrown open both at top and bottom, to create a speedy circulation of air. Now draw the blankets from the bed and throw them over a chair in front of the window, taking care that they do not at any time touch the floor. Over another chair throw the sheets, and let both these stand where the air will circulate freely about them. Then turn the mattress. Empty and wash with a soft cloth, in hot, soapy water, pitchers, bowls, basins, and soap dishes, using a disinfectant daily in the water in which some of the pieces are washed, and occasionally for all the dishes. Use sapolio on marble and enamel. Used daily, no bad stains will appear. Leave all basins, faucets, and china absolutely clean, glistening, and dry. Then wash the clothes used in this work. Scald these with boiling water, rinse, and dry in the open air. Lay out fresh towels. After the breakfast dishes are put away, return and make the bed and dust the room. For the latter use a soft cloth, and shake it often in the open air.

When a waitress has charge of all the sleeping-rooms, she usually attends to the opening of beds other than her own after the completion of her duties in the dining-room. In such cases the breakfast is usually served English fashion, from the table, which shortens materially the time of her service in the dining-room.

The care of sleeping-rooms, often occupied continuously for seven or eight or nine hours, is too often hurriedly and carelessly attended to; but our up-to-date waitress, who has had a course in domestic science at school, has seen germs of disease gathered in the falling dust of a sleeping-room grow and multiply when set aside as a "culture" in a dark place. She has learned that fresh air and sunlight are the surest germicides at hand, and will see to it that the air in all the rooms in her care is renewed daily, and all bed clothing, and that articles worn at night are inoculated with sunlight. Of course, she will take the precaution to close the doors of the several rooms while this health-giving process is carried on, the halls and downstairs rooms having been aired earlier in the day, to insure a wholesome and comfortable resort until the upstairs rooms are again in order.

Later, after the dining-room work for the day is finished and the rooms are unoccupied, the waitress visits them again. The toilet articles are restored to an immaculate condition. The handsome spread and the roll, with which the beds have been dressed

for the day, are replaced by pillows, and a thin, light spread, to protect the blankets. The blankets and upper sheet are folded over to form a triangle, thus opening up the bed. If the weather be cool, dispose at the foot of the bed a down quilt, so folded or rolled that it may be readily drawn up by the occupant of the bed.

Leave a carafe of cold or iced water, covered by inverting a glass over it, on a tray in a conspicuous place. Lay the night garments upon the bed, wrapper over a low chair, and slippers in front of the chair.

Individual Trays

Occasionally a member of the family, through illness or preference, wishes breakfast (or some other meal) in her own room. Perhaps a dainty, individual breakfast service makes the fitting out of the breakfast tray an easy task. But, if the china closet does not yield this latter-day luxury, select the daintiest ware at hand. Take linen without spot or blemish and glistening silver. Then, if cream or choice fruits (especially in the case of sickness) cannot appear on both tray and breakfast table, keep it for the tray. Consider the preference of her for whom the food is prepared, and let the eggs be "just right," the baked potato, crushed to let out the steam, be rolled in a napkin, and the toast made hot in water and quickly dried. Make your tray a picture. Lay fresh fruit on green leaves, and, if cress or parsley be not on hand, find some bit of green on carrot or turnip root stored for winter use; for the bright color that contrasts so happily with the delicate tints of broiled fish or chop or the white and gold of a poached egg will bring genuine pleasure to one shut in, and often your kind thought will be appreciated and held in grateful memory, even though verbal expression be not vouchsafed. The well-trained waitress, whose work in the dining-room is a source of pleasure to those whom she serves, needs no admonitions as to manners and conduct when admitted to the sick-room with a tray of food or a simple bowl of broth or gruel. The gentle shutting to of the door, the footfall that makes no sound, and self-effacement without servility, are acquisitions in daily practice by the skilful, well-trained waitress.

Personal Qualifications and Dress of Waitress

A waitress needs be quick and light of foot. Thus youth and a trim figure, not too large, are first requisites in one who wishes to make a success of the calling. It is needless to add that a quiet, unobtrusive manner is absolutely essential. A waitress needs possess a mind unwearied by detail, and a willingness to cultivate nice ways of doing work. She needs an eye quick to see and a hand deft to execute.

She needs to be able to tell at a glance whether the window shades exclude the right quantity of sunlight or the open window admits the proper quantity of air. She needs to have an eye that never fails, when an article is to be disposed in the centre of anything or two or more objects in exactly straight lines. Her first duty in regard to everything she touches is to "keep it straight." On all occasions she is to be neatly dressed and manicured, calm and unruffled. No matter how many duties claim her attention at one and the same time, she needs be deliberate, self-possessed, and unhurried.

In the morning the waitress wears a light print dress, a plain, full-skirted white apron, white collar and cuffs. Before serving luncheon, the print dress is changed for a light-weight, black wool dress. A more dressy apron is donned, and a black bow is added to the cap. Boots or slippers with soft

(*Concluded on page* xii)

Home Ideas and Economies

Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Johnston's Loaf or "Amidami Bread"

THIS bread is the invention of a baker of local fame, in a New England coast town; and the recipe has been given here and there, but never, so far as I know, put in print. Why it was nicknamed "Amidami" (accent on both "ams") no one seems to know, though one tradition is that a little girl, just beginning to talk, so named it. The baker always gave it that name, and so advertised it in his window. It became very popular in the region, and, we think, justly so. The recipe is as follows:—

Scald one cup of fine, yellow cornmeal, one tablespoonful of lard, and one teaspoonful of salt with two and one-half cups of boiling water. When this is lukewarm (more or less according to the weather), add one cup of molasses, one compressed yeast cake, which has been dissolved in one cup of cold water, one teaspoonful of soda (in the yeast), and eight cups of sifted Haxall flour, added in two portions, and stirred thoroughly. Let rise over night. In the morning dip out by spoonfuls (with a wetted iron spoon) into the biscuit pan, and bake, without a second rising, in a moderate oven. Add a little more flour to the remainder of the dough, shape into loaves without kneading, and bake, also in a moderate oven, for about an hour, or until it shrinks from the pan.

I HAVE never seen a recipe for corn-beef hash which was just like mine; and I have never eaten any so good, even in the best hotels. As it is my grandmother's recipe, faithfully adhered to, this may not be so egotistic as it seems. The secrets are two: *first*, to use hot fresh-boiled potatoes, and to mash them so fine that there is not a single lump left; *second*, to use no moisture or fat whatever. The meat I put through the food-chopper, and then mix it so thoroughly with the potato that the two are one. For the rest I use the usual double quantity of potato to meat, and season very generously with salt, black pepper, and a bit of cayenne, and literally "to taste," for I always taste it before transferring it to the spider. When it is hot all through, I brown in one side of the spider a tablespoonful of butter, turn the hash over into this, and let it stand to brown.

I WONDER how many cooks know that potatoes can be baked to perfection placed just inside the door of the furnace. If the fire is *very* hot, they will need watching; but they bake in about half the usual time, with a moderate fire.

SERENA.

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Renewing Sponges

IN spite of the conviction that one is very "old-timey" in using a sponge for bathing, there is nothing so deliciously "sploshy"—to use a child's expressive word—as a sponge. Wash-cloths and bath-mittens are not to be compared to a good, soft, bath sponge.

A sponge is as personal as a tooth-brush, whereas towels and wash-cloths

are given out each week to different persons. Many persons consider Turkish towelling, wash-cloths, and towels unsanitary, since the looped surface is not easily and therefore surely cleaned, and never use them at hotels and boarding-places. Sponges have been under a ban, which is rather a pity, since there is no reason why a healthy person should not own one of these treasures of the sea. Proper care is necessary to keep a sponge clean; and at all times, when not in use, it must be kept in a wire rack, or suspended in the air by some means that will not tear it. Do not use ammonia on a nice sponge, nor expect those used for household work long to withstand applications of it; for ammonia will soon destroy a sponge.

If a sponge has become hard and lifeless, try milk upon it. A druggist gave this information to a customer. The idea did not seem pleasant, and she thought sufficient milk to benefit the sponge would cost more than the sponge was worth. However, one day when polishing the leaves of a rubber plant with milk and water, she was surprised to find the fragment of sponge she was using much improved, and remembered the druggist's advice. She then regretted having thrown away the greater part of the large sponge.

Rubber sponges are on sale nowadays, to replace the natural sponges.

JULIA DAVIS CHANDLER.

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The Attic Room

WHEN you are building a new house or rearranging an old one, plan for a hospital ward at the very top of the house. I know it will be a long journey and cost many weary steps from kitchen, bath, and living rooms; but, after all, those steps are well worth taking. Even in the case of the simplest illness it is better for both patient and well persons that they be separated as absolutely as possible; and, when Johnny suddenly comes down with scarlet fever, or you succumb to nervous prostration, you will be only too glad that such isolation, from contagion on the one hand and from noise on the other, is possible.

Choose the sunniest of the attic rooms, have the walls and floor painted, and refrain from hanging pictures there. In the first place, they catch dust, never to be desired in a sick-room; and, secondly, the pictures that would be delegated to this apartment would probably be such as were too good to throw away, and yet not good enough to be welcome elsewhere. Works of art of this description will certainly not be a source of pleasure to an invalid. On the other hand, they may cause positive suffering; for sick folk have strange fancies, and a picture that is not really beautiful may give rise to painful impressions and distressing dreams.

The furnishings should be severely simple. The most important article is the bed, which should be a high, narrow, hospital cot. This is a great improvement on the ordinary, low, household bed, as it allows the nurse to use her strength to the best advantage. She is thus able to move her patient with the minimum of discomfort to him, as well as to save her own back and arms the strain of unnecessary stooping. A chest of drawers, some plain chairs, a bedside table, and a wash-stand will complete the furnishings. For the latter I should recommend enamel ware utensils rather than the usual china ones, as the former are far lighter to lift and carry, and will not break. Have white muslin curtains by all means. They are easily washed, and they give a cosey air to the whole room, but, as for any other articles not really needful, repress them sternly. A sick-room that is crowded

with furniture or ornaments will never be restful.

You will be surprised to see how little trouble and expense it means, after all; and in the moment of sudden emergency you will find your attic room of infinite use and comfort.

ETHEL WILLIAMS.

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A Model Cottage

I ONCE heard a lady who was living with her aged mother make the remark: "If we give up housekeeping, I should like a large room in a large house. I would rather have one large room, with my books, my music, everything I enjoy around me, than several miniature apartments." I thought she was right. The sense of roominess, if there were plenty of closets for storage, would more than make up for any nondescript character in the room.

I recalled these words recently when reading a description of apartment houses in Los Angeles, Cal., where the possibilities of living in an inexpensive and convenient fashion are brought to a high state of perfection. In these flats, three rooms are made to do the duty of five, with the advantage of saving in labor as well as in space. Under the heading of "A Home in a Nutshell" a writer in the *Overland* describes these; and, as she shows how hopes may be gratified, a family supported on small income, happy and economic homes established, it reads like fairyland.

The charms she discourses on are brought forward in the interests of Cupid; and, she adds, the advantages embodied in these flats may be used in a cottage as well. It was this that struck me as a particularly happy thought. We all know it is a great gain when any of the conveniences of the city can be adapted to more isolated houses, and my mind goes out to many home-seekers who might have what they desired placed within their reach by taking hints from the condensed city flat. A mother and daughter, sisters, or even two or three "bachelor maids," may set up a tiny establishment of their own, and, with housework reduced to a minimum, find time for other occupations, whether teaching, floriculture, chicken-raising, or what not.

We will suppose our cottage is limited to three rooms,—living-room, dining-room, and a pocket edition of a kitchen. The former, to carry out our idea, should be what would be considered a large room in any house. To do duty for other needs of a house, a double wall is put up on one side, with a space between the walls of from thirty to sixty inches, as the builder can afford. This will be no detriment to the other rooms, as it will help to make them warmer in winter and cooler in summer.

Within this space are located bath-room, storeroom, closets, and bed-rooms. To describe the bedroom, we will step into the model flat. We see a plate glass mirror on the wall, which our exhibitor with little effort transforms into an inviting, comfortable bed. The bed is part and parcel of the house in its construction. The recess in the wall from which it sprung is closed automatically by the head-board, as the bed is lowered in position. Then there is the perfection of an arrangement for holding the blankets and sheets so firmly in position that, when the bed is raised for the day, each one hangs one and one-half inches apart. The space in which the bed closes should have a window, thus permitting the purifying effects of sunshine and fresh air all day, to prepare a more ideally healthful resting-place than any four-poster ever supported! Following the Japanese custom, every indication of a bedroom can vanish before one has even started to get breakfast.

In other compartments of the wall space should be built in the bath-tub,

the closets, with at least a small window for ventilation, and bookcases with desk to be let down from the wall or folded at will.

In the dining-room stands a centre table large enough for the meals of two. When more are expected, roll the table up to the door between dining-room and kitchen, and, with as little effort as the bed dropped, a table-top as magically descends from the door, hooks on to the centre table, when, behold, you can seat six people!

This same door, which is really twin doors in the city houses, turns on a central pivot. On the kitchen side is attached a small gas stove, which turns with the door and dispenses with a servant by serving your dinner in pretty aluminum saucepans smoking hot at your elbow.

If gas is not within the range of possibilities in our cottage, what is to hinder the lady of the house daintily serving the hot viands from the shelves of an Aladdin oven that has been doing its work, all unsuspected, in the corner of the room? But that is another story! DEBORA OTIS.

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The Bits of Left-over Soap

THESE bits of "left-over soap" are among the things which an economical housekeeper feels that she must save with her own hands, if they are to be saved. Much has been written and *said* anent the matter.

Toilet soap of a favorite sort, at 20 cents a bar, we feel must be used down to the last scrap; and this is carefully laid aside until there are several pieces worn about alike. Sometimes these are carefully moistened, laid one on top of the other, and set away to dry, when they may be used much as a new bar of soap, or carried away instead of a new bar, when one is traveling; and none is wasted. Then in the bath-room one may keep a wide-mouthed glass jar, which should be rather ornamental than otherwise, and into this can go all the bits of toilet soap used by the various members of the family, the remains of the bath soap, and of any good pure white soap, but no yellow or brown soap, although this will do no harm if it is added. When the jar is about two-thirds full of soap bits, fill it with boiling water, stir up the contents, and then stir in a handful of oatmeal or bran and a tablespoonful of glycerine or borax. We find it best to cut the bits of soap into small pieces, for they dissolve much more readily; and a very good soap jelly is the result. This may be used in the bath-tub, to make a lather for the body, the small quantity of yellow soap removing the odor of perspiration as no scented soap will ever do, or it may be used for washing the hands many times a day, and it will not prove injurious to the tenderest skin in the most severe weather, the glycerine and the oatmeal being both soothing and healing, and the borax removing the dirt and softening the skin, making it very white. People who carefully remove all the dirt from their hands in the cold weather, dry the skin thoroughly each time the hands are wet, and then avoid wearing woollen mittens, will not have sore, chapped hands.

Sometimes the thrifty housewife makes bags of cheese-cloth, and into these go all the soap bits that accumulate, in the shape of powder, made by pounding the soap bits till they are fine. These bags are filled with oatmeal or bran; and, besides the soap and meal, a little orris may be added, unless the soap is already sufficiently perfumed. They are not filled very full, since the contents swell; and they are used in the bath-tub in place of wash-cloths, for the final soaping and rinsing after one has used the cleansing soap and bath brush. They are, of

course, a luxury, and give the skin a deliciously soft feeling.

One housewife, known to the writer, saves all the bits of her own toilet soap, which costs 25 cents a cake by the box; and, when there is quite a little heap of soap shavings, cut with a sharp knife, the soap is nearly covered with dilute alcohol, used about half-strength, and made quite hot. This seems to make a kind of jelly, which the lady uses on her hair, after the ordinary egg shampoo, because she feels that it is beneficial to carefully wash away all trace of the egg, and because the soap, which is also slightly perfumed after it becomes soap jelly, imparts a delicate odor to the hair.

Sometimes pieces of scented toilet soap are put into an agate dish, covered with water, and set in a cool oven, to become jelly, after an hour or two of slow cooking. This jelly is turned into a jar, which is kept covered, and is used for anything that seems to need soap, being for many purposes much better than a bar of soap would be. The washing of fine laces and handkerchiefs, ribbons and silk neck pieces, which require a very little soap, and on which soap must on no account be rubbed, is always done in one home with the soap jelly. With this there is no temptation to rub the soap on the article, as when a bar of soap is used.

Then, in the kitchen, the bits of soap left over can be used in an infinite number of ways. Keep a wide-mouthed jar on the shelf over the kitchen sink, and insist, in a tactful way, that all bits of soap be put into it. First of all, see that an ordinary bar of soap is cut in two pieces in the middle, before it is used; and many housewives have found it much better to hand out the soap themselves in these half-bars. One who has done her own work finds that a half-bar of soap will answer for all sink work and dishes for at least a week; and for scrubbing and the laundry a soap powder and soft soap will make the other half of the bar do all the work required of it in a week. Over and over again has the writer (who cannot bear to touch water with her hands unless the water is soapy) tried this allowance; and, in spite of house-cleaning time and all, there would be parts of each half-bar on hand at the end of the week. So this allowance is sufficient for a servant, in a home of eight rooms, with three or four in the family. Put the small left-over bits in an agate saucepan, and place over the fire, covering them with water. The soap will cook down into a jelly, or liquid, which can be turned into the jar and used for dish-washing. This is far more agreeable to use, and better for the dishes, as well as for the hands of the worker. The box of soap powder, after the wash is done each week, is put over the fire and made into soft soap, following the directions on the box. The small pieces of bar soap are often shaved very fine, and used in the wash-boiler on *Tuesday* morning (we don't believe in "blue Monday"); and, if bar soap is used for the laundry, it is first shaved and dissolved. When soap or soap powder is thus dissolved, the process seems to release some ingredient which makes the same amount of soap do nearly twice the amount of work that can be accomplished by hard soap or powder.

MARY TAYLOR ROSS.

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To Remove Fruit Stains from the Hands

Fruit stains on the hands sometimes resist the best soap, but disappear quickly when the skin is rubbed with lemon peeling. Tomato skins rubbed over the hands are also effective in removing stains. E. F.

QUERIES AND ANSWERS

THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1069.—M. E. R., Pittsfield, N.H.: "How can one know what foods are suitable for those suffering from diabetes? Is there a book of recipes for preparing food for diabetics?"

Food for Diabetics

In diabetes all carbohydrates (starch and sugar) taken as food are eliminated by the kidneys as sugar. This process is accompanied by tissue waste and other most distressing symptoms. To avoid this condition of affairs, sugar in all forms and all starchy food are prohibited. In severe cases, sugar is passed in the urine even when the diet is closely restricted to fat and proteid substances, but in general the lives of those suffering from this disease are prolonged and the patient is much more comfortable, if the food be confined to fats (largely) and proteid. Of course sugar in composition (as in beets, dates, figs, bananas), as well as cane, maple, and milk sugars, are to be avoided. All the underground vegetables contain starch, as do, also, all grains and products made from them. A study of Bulletin No. 28, Revised Edition, United States Department of Agriculture, on "The Chemical Composition of American Food Materials," will be advisable. Spinach, lettuce, string beans, and cress, can be made the vehicle of introducing large quantities of fat (butter or oil) into the system. Eggs can be used in the place of flour for thickening sauces. We know of no really good book devoted entirely to recipes of this kind, but several modern cook-books devote some space to suggestions and recipes for the diabetic.

QUERY 1070.—Mrs. W. B., Hamilton, Ohio: "Recipe for cookies made with sweet milk and baking-powder."

Cookies with Baking-powder

Cream one cup of butter. Beat in, gradually, two cups of sugar, two eggs, well beaten, and, alternately, one cup of milk and four cups of flour, sifted again with six level teaspoonfuls of baking-powder. Add more flour, if needed. Take a little of the dough onto the board, dredge lightly with flour, pat and roll into a sheet, and cut out into cakes. After the cakes are placed in the pan, dredge them lightly with granulated sugar. Bake in a quick oven.

QUERY 1071.—O. E., Monroe, Wis.: "Recipe for salmon loaf and watermelon cake."

Salmon Loaf

Use one pound of cooked salmon (fresh or canned), freed from skin, bones, and liquid. Remove the crust from enough white bread to yield a cup of fine crumbs. Add these to the fish, picked fine. Add also two beaten eggs, half a cup of milk or white stock, a teaspoonful of lemon juice, half a teaspoonful of onion juice, a tablespoonful of fine-chopped parsley, a

dash of paprika, and about half a teaspoonful of salt. Mix the whole together thoroughly, and turn into a buttered mould. Cook in a steamer, or in the oven, in a dish of hot water, about half an hour, or until the centre is firm. Serve hot, with a Hollandaise, tomato, or drawn-butter sauce. Slices of hard-cooked egg, or chopped pickled gherkins (sour), or capers, or pieces of cooked lobster meat, or shrimps, may be served in the latter sauce.

Watermelon Cake

Make a white cake, using any favorite recipe. Bake it in two layers. Leave one white, and tint the other pink with color paste. Have the pink layer at least twice the depth of the white layer. Sultana raisins or cleaned currants may be added to the pink layer, to simulate the melon seeds. Put the layers together with a very little white icing. Cover the top with an icing tinted green.

Query 1072.—T H., Amherst, Mass.: "Recipe for Philadelphia ice-cream flavored with lemon, also a recipe for coffee ice-cream for four persons."

Philadelphia Ice-cream, Lemon

Scald one quart of thin cream. Stir in one cup of sugar, and, when cold, one tablespoonful of lemon extract. Turn into the can of the freezer, and, when this is properly adjusted, surround the can with crushed ice and coarse salt. Use three measures of ice to one of salt. Turn the crank slowly and steadily until it becomes difficult to turn longer. Remove the salt and ice from around the cover. Take off the cover, and lift out the dasher. Beat the frozen mixture with a perforated wooden spoon, then close the can. Draw off the brine, and add fresh ice and salt,—four or five measures of ice to one of salt. Cover the freezer with a piece of carpet, and allow the mixture to stand one or two hours, to ripen. For a cream of more fluffy texture scald one pint of cream with one cup of sugar. When cold, add the second pint of cream (uncooked) and the tablespoonful of lemon extract, and freeze as before. The flavor may be secured by scalding the *thin yellow* rind shaved from a fresh lemon with the cream. Wash the lemon and dry it with a soft cloth before taking off the rind. Avoid the bitter white portion of the rind.

Coffee Ice-cream for Four Persons

Flavor the above with from one-half to three-fourths a cup of clear black coffee.

Coffee Cream Ice, Neapolitan

Scald three cups of milk with two-thirds a cup of fresh-ground coffee. Strain, and return to the double boiler. Beat the yolks of three or four eggs with half a teaspoonful of salt. Add half a cup of sugar, and beat again, then cook the mixture in the hot milk as a boiled custard. Add a second half-cup of sugar, generous measure, strain into a cold dish, and, when cold, add a pint of thin cream, and freeze as usual.

Query 1073.—Housekeeper, Stockton, Cal.: "Recipes with accurate measurements for making whole-wheat bread, white bread, rolls, and coffee cake with brewer's liquid yeast. Do you consider breads made with brewer's yeast as healthful as those made with compressed or dry yeast? Where may I obtain bread-stick pans?"

Whole-wheat and White Flour Bread

In making any kind of bread, the proportions of flour and liquid are as two and a half or three to one. It makes no difference whether the bread be mixed by hand or in one of the patented bread-makers, the proportions are the same. Whether two and one-half parts or more of flour be used depends entirely upon the brand of flour and in-

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Royal Baking Powder has not its counterpart at home or abroad. Its qualities, which make the bread more healthful and the cake of finer appearance and flavor, are peculiar to itself and are not constituent in any other leavening agent.

No other baking powder is so accurately and carefully made; no other can be substituted for it if the finest and most healthful food is required.

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dividual taste. Equally good results may be obtained with brewer's liquid yeast, compressed or dry yeast. Any yeast bread, to be healthful, needs be light and sufficiently baked to kill the yeast plants that have been the occasion of making it light. The formula for whole-wheat or white bread is: two cups of liquid (lukewarm), scalded-and-cooled milk, or milk and water half and half, two level tablespoonfuls of sugar, two level tablespoonfuls of shortening, if desired, one teaspoonful of salt, one or more cakes of compressed yeast softened in half a cup of lukewarm water, or half a cup of brewer's yeast, and from two and one-half to three times the measure of liquid *i.e.*, two and one-half cups of liquid, and from six and one-fourth to seven and one-half cups of flour. Melt the butter in the liquid. Add sugar and salt, and, when lukewarm, the yeast, mix thoroughly, then add all the flour, and mix to a dough. Knead until elastic, then set to rise until nearly doubled in bulk, cut down, and shape into two loaves. Bake, when again light, about one hour.

Yeast Rolls

For yeast, use half a cup of brewer's yeast, or one cake of compressed yeast softened in half a cup of lukewarm water. Add the yeast to two cups of milk scalded and cooled to a lukewarm temperature, then stir in two cups of sifted flour, and beat the mixture very thoroughly for some minutes. Cover, and set aside to become light and puffy, then add two level tablespoonfuls of sugar, one teaspoonful of salt, and one-third a cup or more of melted butter or other shortening. Mix thoroughly, then stir in about five cups of flour. When thoroughly mixed, turn the dough onto a board, and knead at least twenty minutes. Set to rise, and when doubled in bulk, without cutting down the dough, lift it out onto the board, dredged very lightly with flour. Put the upper or firmer side down upon the board, then pat and roll out into a sheet as thick as desired. If thick, cut simply into rounds. If Parker House or other fancy shapes are desired, roll thinner.

Work a Pleasure

It is one of the Real Joys given us

"Postum Food Coffee has done more for me in two years," writes a Wisconsin young lady student, "than all the medicines and treatments I had employed to overcome the effects of the coffee poisoning that was killing me by degrees.

"I had all the familiar symptoms and suffered all the well-known tortures. My stomach was wrecked, and I could not eat. My head ached almost continually. I became the nervous victim of insomnia, and the capacity for study deserted me. Of course, this came on gradually, and without suspicion, for a long time, as to the cause.

"Two years ago a friend enthusiastically urged me to quit using the old kind of coffee, and to drink Postum Food Coffee. I have never regretted acting upon the advice. As soon as the coffee poison was eliminated, the strengthening and nourishing properties of Postum began to build me up.

"Each day I gained a little, the color crept back to my cheeks, my limbs rounded out with new flesh, my complexion grew fair and clear again, my digestion improved, and now I can eat anything at any time. The nervous insomnia has left me, and I sleep sound at night, and wake up refreshed. I have no more headaches, and mental work has become a pleasure to me. Name given by Postum Company, Battle Creek, Mich.

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Enough for the average family in each can

21 KINDS

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WITH US soup making is our daily, hourly business.
YOU have to buy, blend, boil, fret over it.
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So we can make enough of soup
To give them all a treat.

"JUST ADD A CAN OF HOT WATER AND SERVE"

Bake, when again light, about twenty minutes. Five minutes before removing from the oven brush over the tops of the rolls with starch, made by cooking two teaspoonfuls of cornstarch, mixed with a little cold water, in a cup of boiling water. Apply the starch several times. Bread-stick pans may be found at any good kitchen furnishing store. One or two such stores are advertised in our columns.

QUERY 1074.—Mrs. O'B. S. L.: "Recipe for spiced trout."

Spiced Trout

Boil the trout as for the table. When cold, cut into pieces for serving. Let a pint of vinegar, a piece of bay leaf, a teaspoonful of cloves, a tablespoonful, each, of mustard seeds and peppercorns, scald for half an hour, then, when cold, pour over the fish. Drain the fish from the vinegar before serving.

The Up-to-date Waitress

(*Concluded from page* 203)

soles and low, flat heels, if any, enable the waitress to move about noiselessly.

The up-to-date waitress is not superficial. She knows full well that daintiness, secured by cleanliness, must be part and parcel of her own person, as well as of the inanimate things which she handles. Her full morning bath is as much a duty as the clean plate on which the butter is passed at the table. She comes in close contact with people who are ultra-fastidious, and in their presence she needs present a dignified bearing. To do this, she needs maintain her own self-respect and the respect of those she serves. Thus she can ill afford to neglect any of the personal niceties classed as "minor moralities." The daily bath and immaculate undergarments are at the foundation of these moralities. Cleanliness is next to godliness.

A bright little girl asked one morning at the breakfast table, "Mamma, is hash animal or vegetable?" "Animal, my dear," replied mamma. "Then," cried the little girl, triumphantly, holding up a tiny bone, "here's the hash's tooth!"

The Secret of Youth

De Soto looked for the secret of youth in a spring of gushing, life-giving waters, which he was sure he would find in the New World. Alchemists and sages (thousands of them) have spent their lives in quest for it, but it is only found by those happy people who can digest and assimilate the right food, which keeps the physical body perfect, so that peace and comfort are the sure results.

A remarkable man of ninety-four says: "For many long years I suffered more or less with chronic costiveness and painful indigestion. This condition made life a great burden to me, as you may well imagine.

"Two years ago I began to use Grape-nuts as food, and am thankful that I did. It has been a blessing to me in every way. I first noticed that it had restored my digestion. This was a great gain, but was nothing compared in importance with the fact that in a short time my bowels were restored to free and normal action.

"The cure seemed to be complete. For two years I have had none of the old trouble. I use the Grape-nuts food every morning for breakfast, and frequently eat nothing else. The use has made me comfortable and happy; and, although I will be ninety-four years old next fall, I have become strong and supple again, erect in figure, and can walk with anybody, and enjoy it." Name given by Postum Company, Battle Creek, Mich. "There's a reason."

Read the little book, "The Road to Wellville," in every package.

THE YOUTH'S COMPANION FOR 1906



THE NATIONAL FAMILY PAPER.

Every member of the family has a share in the entertaining and informing reading which The Companion brings into the home every week. The fifty-two issues of the 1906 Volume will bring to the subscriber

7 **SERIAL STORIES,** each if bound in book form equal to a $1.25 volume.

250 **CAPITAL STORIES** by the most entertaining of living writers of fiction.

50 **LEADING ARTICLES** by men and women famous in all the great vocations.

1000 **NOTES** on Current Events and Discoveries in Science and Natural History.

150 **SPECIAL CONTRIBUTIONS** on subjects of the utmost interest and variety.

2000 **ANECDOTES** of the Wise and Great, Selections of Miscellany, Poems, etc.

Illustrated Announcement for 1906 and Sample Copies of the Paper Free.

EVERY NEW SUBSCRIBER

Who cuts out and sends at once this slip (or mentions this publication) with $1.75 for The Companion for the 52 weeks of 1906 will receive

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All the weekly issues of The Companion for the rest of 1905. E 17
The Thanksgiving, Christmas and New Year's Double Numbers.
The "Minutemen" Calendar for 1906, in twelve colors and gold.
As much reading in the year as would fill twenty octavo volumes.

$12,000 will be shared equally by subscribers getting five other new subscriptions. Send for information.

THE YOUTH'S COMPANION, BOSTON, MASSACHUSETTS

Book Reviews

CORRECT WRITING AND SPEAKING. By Mary A. Jordan. 12mo. Cloth. Price $1 net. New York: A. S. Barnes & Co.

This volume is one of a series of practical books on practical subjects by the best authors, prepared for the "Woman's Home Library." It is a book to read and study, and put in daily use. By means of books like this the earnest, progressive home is made better. It means the difference between good and ill-breeding, for it is true that culture is revealed in daily speech. To speak or write the English language well, one must read and know the best that has been written, and then practise steadfastly day by day. Volumes like this are guides on the way to higher and better attainments.

THE MODEL KITCHEN. By Lucy H. Yates. Cloth. Illustrated. Price 75 cents. New York: Longmans, Green & Co.

The old-time kitchen and that of the modern *flat* are widely different apartments. Recognizing this fact, and also that a new era has provided tools and materials to suit its own requirements, the author proceeds to describe in detail a model equipment for the kitchen of a flat and how to manage the same.

Each of the twelve chapters in this book contains interesting and valuable information. The volume must prove instructive and helpful to large numbers of housekeepers.

THE HYGEIA COOK-BOOK. By Mary A. Heard. Boston: South End Industrial School Press.

"Cooking for health" is the subtitle of this little manual of excellent recipes. The special point aimed at in these recipes is the elimination of all fermented material, or that which is liable to ferment easily, and thus do away largely with flatulent indigestion. Meat and fish are excluded from the recipes. In vegetables, grains, eggs, fruits, and nuts, the author says, we have stored-up life. These are genuine foods, and will build strong bodies for those who eat them. This idea has been carried out in the collection of recipes.

A COMPREHENSIVE GUIDE-BOOK TO NATURAL, HYGIENIC, AND HUMANE DIET. By Sidney H. Beard. Illustrated. In art canvas. 50 cents. Philadelphia: The Broadbent Press.

This book has been printed to supply up-to-date advice concerning a reformed and fleshless diet.

It contains a number of original and copyright recipes, together with a large amount of helpful information concerning fruitarian and vegetarian diet, hygienic living, artistic cookery, food values, etc.

"The introductory chapters of this guide-book are quite enlightening. The bulk of the book, however, consists of practical recipes for a simple style of living, which is not only rational,

To destroy disease germs and foul gases, the waste-pipes, sinks, closets, cellars, and every suspected spot should be regularly purified with

Platt's Chlorides

The Odorless Disinfectant.

Sold in quart bottles only, by druggists and high-class grocers. An illustrated booklet with valuable sanitary hints mailed free. Address HENRY B. PLATT, 42 Cliff Street, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhœa, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."



SIMPLE SILVER SCIENCE

To learn it at our expense, simply send your address on a postal for trial quantity.

ELECTRO *Silver Polish* SILICON

It's greatest brilliancy, least labor, absolute safety and long life for your Silver. At Grocers and Druggists everywhere.

Trial quantity for the asking. Box postpaid 15 cts. (stamps).

Electro-Silicon Silver Soap for washing and polishing Gold and Silver has equal merits. 15 cents per cake.

"SILICON," 30 Cliff St., New York.

"I AM DE COOK AND DE HUB RANGE AM DE COOKER"



Hub Ranges

DELIGHT EVERY COOK BECAUSE THEY MAKE COOKING A PLEASURE

ALL BEST COOKS USE IT
ALL BEST DEALERS SELL IT

They have more improvements than any other range, including a new BROILER HOOD, used in connection with the HUB FRENCH SECTIONAL TOP. No other range has it HUB RANGES used and recommended by Boston, New York, Providence, Springfield, New Haven, and all the leading cooking-schools: could stronger indorsement be possible?

Manufactured and Warranted by SMITH & ANTHONY CO., 48-54 Union St., Boston

Manufacturers of cooking and heating apparatus of every style and description. Sanitas Plumbing Specialties

but pleasant and appetizing, besides being humane."

The contents of this book are worth reading and pondering. It cannot fail to interest and instruct. If it fails to convince entirely, it may lead to a modified form of diet, and an improved and more satisfactory way of living.

An Old-fashioned Recipe for a Little Home Comfort.—Take of thought for self one part, two parts of thought for family, equal parts of common sense and broad intelligence, a large modicum of the sense of fitness of things, a heaping measure of living above what your neighbors think of you, twice the quantity of keeping within your income, a sprinkling of what tends to refinement and æsthetic beauty. Stir thick with the true brand of Christian principle, and set it to rise.—*Selected.*

A woman cannot work at dressmaking, tailoring, or any other sedentary employment without enfeebling her constitution, impairing her eyesight, and bringing on a complication of complaints; but she can sweep, cook, wash, and do the duties of a well-ordered house, with modern arrangements, and grow healthier every year. The times when all women were healthy were the times when all women did housework a part of every day.—*Harriet Beecher Stowe.*

Professor Goldwin Smith, the distinguished writer on history and government, has made two recommendations to labor unions. One is that strikes should be voted by ballot, the other that each married man should have two votes. The second suggestion may not be compatible with established principles of suffrage, but it recognizes that it is the family at home which loses or benefits by the strike, and that the case of the married man is therefore twice as important as that of the single man.—*Youths' Companion.*

Of Timely Interest

In renewing your own subscription send us three new subscriptions at $1 each, and we will mail you, postpaid, a copy of Mrs. Hill's new book, 'Practical Cooking and Serving"; that is, for $4 we give *four subscriptions* to the *Cooking School Magazine* one year and a copy of "Practical Cooking and Serving." Can you not easily obtain among friends and acquaintances the names of three subscribers and so secure the latest and best of the cook books?

This book contains 900 pages and over 200 illustrations, and is called the most practical, up-to-date, and comprehensive work of the kind ever published. It contains a "liberal education" in the selection, cooking, and serving of food. It is for novice and expert alike and invaluable to every housekeeper.

IF any dealer offers you a substitute when you ask for the

Velvet Grip

Sample Pair, Mercerized, 25c.; Silk, 50c. Mailed on receipt of price.

CUSHION BUTTON

HOSE SUPPORTER



Insist on having the genuine

Over two hundred styles. Worn all over the world.

LOOK FOR THE NAME AND THE MOULDED RUBBER BUTTON.

GEORGE FROST CO., Makers, Boston, Mass., U.S.A.

Lea & Perrins' Sauce

THE ORIGINAL WORCESTERSHIRE



The Peerless Seasoning

Some appetites need to be tempted. Dishes which are ordinarily flat and tasteless, may be made just the reverse by proper seasoning. Soups, Fish, Roasts, Gravies, Salads, etc., are given a delicious flavor by adding

LEA & PERRINS' SAUCE

Beware of Imitations! There is no other near as good.

Remember, Lea & Perrins' Sauce was in universal use a generation before any other so-called Worcestershire Sauce was ever heard of.

John Duncan's Sons, Agents, New York.

Time-Tried Silver

It is safe only to buy the kind of silverplate that has proved itself by time. There is a difference between the bare assertion that this or that brand will wear and the fact that

"1847 ROGERS BROS."

silverware has endured through actual service since its origin more than fifty years ago. Its reputation as *"Silver Plate that Wears"* was won on its actual wearing quality. Remember this when buying and look for the trade mark your grandparents knew—"1847 ROGERS BROS." All dealers sell it. Send for handsome **new catalogue "L-8"**

MERIDEN BRITANNIA CO., Meriden, Conn.
(International Silver Co., Successor.)





SUPERIOR TO ALL OTHER BRANDS.

"WHITE HOUSE" COFFEE

"With a Flavor All Its Own."

Just ask your grocer for a 1 or 2 lb. can. (It's never sold in bulk.) Thousands of the best stores supply it, and there can be no excuse for refusing you, as it is easily obtainable by any grocer wishing to oblige. If you can't get it, write us full particulars.

DWINELL-WRIGHT CO., Principal Coffee Roasters,
BOSTON AND CHICAGO.

Exquisite Desserts
and
Delicious Ice Cream
made with
Junket Tablets

We mail postpaid ten tablets to make ten quarts for 10 cents and give you the charming Brochure "Junket Dainties" free.

Chr. Hansen's Laboratory,
Box 2507. Little Falls, N.Y.

A Bible Baked in a Loaf of Bread

There is a Bible in Lucas, in the State of Ohio, which was preserved by being baked in a loaf of bread. It now belongs to a Mr. Schebolt, who is a native of Bohemia, in Austria. This baked Bible was formerly the property of his grandmother, who was a faithful Protestant Christian. During one of the seasons when the Roman Catholics were persecuting the Protestants in that country, a law was passed that every Bible in the hands of the people should be given up to the priests, that it might be burned. Then those who loved their Bible had to contrive different ways in order to try to save the precious Book.

When the priests came round to search the house, it happened to be baking-day. Mrs. Schebolt, the grandmother of the present owner of this Bible, had a large family. She had just prepared a great batch of dough, when she heard that the priests were coming. She took her precious Bible, wrapped it carefully up, and put it in the centre of a huge mass of dough, which was to fill her largest bread tin, and stowed it away in the oven, and baked it. The priests came and searched the house carefully through, but they did not find the Bible. When the search was over and the danger passed, the Bible was taken out, and found uninjured. That Bible is more than a hundred and fifty years old; yet it is still the bread of life, as fresh, as sweet and good as ever.—*Zion's Herald.*

A Salt Mine Banquet

On the occasion of the fiftieth anniversary of the opening of the St. Nicholas salt mines at Varangeville, France, a banquet was given in the subterranean vaults of the mine, the walls, ceilings, and floors of which were of solid, glistening white salt, which scintillated like diamonds under the light from a thousand electric arc lamps.

The Luxury of Heinz Mince Meat

Heinz Mince Meat is mince meat idealized—the good old-fashioned kind made perfect by modern methods. It has marked a new epoch in mince-pie making—a new phase to mince-pie goodness.

In the preparation of Heinz Mince Meat the best of everything is used. Picture choice, fresh meat selected from the country's best output; rich, white suet; large, juicy, faultless apples; Four-Crown Valencia confection raisins, carefully seeded; plump Grecian currants of exceptional flavor, each one thoroughly cleansed and purified; rich candied citron, orange and lemon peel; pure spices, ground in Heinz kitchens—imagine all these blended with utmost care and precision, in cleanly surroundings, and you have an idea of what

HEINZ Mince Meat

really is—why it is different from any other—why it is *better*, **better, BETTER.**

Cleanliness is perhaps the most important consideration in the preparation of an article like mince meat, and Heinz cleanliness has become a household word. This important characteristic of our establishment is interestingly treated in a beautiful booklet, "The Spice of Life," which we would like to mail you with our compliments. It tells you about every one of the



57 VARIETIES

Heinz Mince Meat is put up in glass and stone jars of convenient sizes and is on sale at your grocer's.

H. J. HEINZ CO., Pittsburgh, U. S. A.

I Like Coffee



but

I can't drink it because it makes me dizzy & bilious & affects my nerves, so

I DRINK

THE BEST SUBSTITUTE

OLD GRIST MILL

WHEAT COFFEE

IT TASTES GOOD AND IS VERY HEALTHFUL



UNDERWOOD'S

ORIGINAL

DEVILED HAM

In **camp, picnic,** or **home,** it will be found not only pure, but delicious and satisfying. Made only of pure spices and sugar-cured ham. There is but *one* deviled ham — Underwood's Red Devil Brand. All others are imitations, but imitations in name only, no more like Underwood's than chalk is like cheese. *Send for book of 43 prize receipts.*

WM. UNDERWOOD CO., BOSTON, MASS.

To obtain Flowers Quickly during the Winter Months

Put quick-lime into a flower pot till it is rather more than half-full, and fill up with good earth. Plant your bulbs in the usual manner, and keep the earth slightly damp. The heat of the lime will rise through the earth (the latter tempering its fierceness), and in ten or twelve days you will have beautiful plants and flowers for your dining-room tables.

Catch King of Tramps

Special Cable to New York *American* and *Journal*

PARIS, July 8.—In the course of a raid by the police in the Champs Elysées, among the fifty individuals arrested was the dean of the Paris vagabonds.

He is an old man known as "le Père Lajoie," and has been arrested fifty-seven times for vagrancy. He refuses absolutely to go to the workhouse, because he says they don't know how to cook beans there.

He should have been a Bostonian of culture, and not a Parisian tramp, to thus estimate the gastronomic delight of beans well prepared.

A gentleman, speaking to a Sunday-school, asked what was meant by the molten calf of their lesson. A little girl promptly replied, "It was a calf that was just shedding its feathers."—*Christian Life.*

A pretty girl, a September bride, received the other day a unique wedding present from a friend "who keeps bees." In the elegant watered silk box which she first unwrapped was another box of silver, shaped like the crescent moon, on which was inscribed, with the date, "Your Honeymoon." the silver moon was filled with the most delicious honey that bees had ever stored up for the rainy day!

Nicelle Olive Oil



Made and bottled in Nice, France. The purest type of

OLIVE OIL

producible, for the tables of those who discriminate.

AT ALL DEALERS'.

SEVILLE PACKING CO.,
NEW YORK.

Send for illustrated Recipe Booklet, free.



Within this jar

there is more of the real substance of Beef—and a higher quality of Beef—than in any other Meat Extract jar of equal size.

It MUST have THIS signature

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LIEBIG COMPANY'S
Extract of Beef

Welch's Grape Juice

stands among the first of the good things to eat and drink at the national feast, Thanksgiving dinner. A delicious beverage, it has all the healthful, refreshing, tonic qualities with none of the reaction of a false stimulant. Pure grape juice, bottled with care to keep its purity, is all it is.

Sold by most druggists and grocers. In ordering, it is worth your while to specify "Welch's." If your dealer cannot supply you, send $3 for trial dozen pints, express paid east of Omaha. Booklet with delicious recipes for beverages and desserts made from Welch's Grape Juice, free. Sample three-ounce bottle, by mail ten cents.

The Welch Grape Juice Company
Westfield, N.Y.

Cooking made Easy

Many Improvements in Ranges that interest all Housewives

It is said that no housekeeper in New England thinks of buying a new range without first considering the famous Glenwood, with which is associated the well-known phrase, "Glenwood Ranges make Cooking easy."

Until these ranges were made, nobody ever dreamed that an asbestos-lined oven could make such a difference in baking. The oven has two shelves, which may be adjusted at several different heights, just a little way from the oven bottom or nearly to the top, giving the oven twice the room of other ranges. The broiler door swings downward, entirely out of the way of the hand that holds the broiler, removing that old danger of burning the knuckles on the edge of the door. The oven damper rod is in plain sight on the top of the stove, and directly over the damper, and is so short that it cannot warp or burn out. The ash-pan is large and roomy, having a strong, well-balanced handle for carrying, and is most carefully fitted to the hearth on all sides, which prevents the distressing nuisance of ashes falling around the sides and accumulating beneath, always experienced with a loose-fitting pan. The Glenwood oven heat regulator regulates the heat so plain and accurately that even the experienced housekeeper soon learns its value and depends on it entirely.

For more than a quarter of a century the Glenwood range has been a household word throughout New England, and to-day more Glenwoods are made and sold than any other make. It is acknowledged that the finish

These trade-mark crisscross lines on every package.

GLUTEN FLOUR For DYSPEPSIA.
SPECIAL DIABETIC FLOUR.
K. C. WHOLE WHEAT FLOUR.
Unlike all other goods. Ask Grocers.
For book or sample, write
Farwell & Rhines, Watertown, N.Y., U.S.A.



"Mixed with Brains."

As the old painter mixed his paints, so Bell's Spiced Seasoning is compounded. It is not a helter-skelter mixture of crude materials, but an exquisitely proportioned blend of pure sweet herbs and choice selected spices, so cunningly combined that no one flavor predominates, but all flavors join to make that tantalizing, pungent, rich yet delicate effect known for nearly 40 years as

BELL'S
Spiced Seasoning.

Good for all spiced dishes. Try this:

SPICED BEEF. Chop two pounds fresh beef, enough to fill four cups. Soak two slices bread, either toasted or plain, in one and a half cups of milk and add to the raw beef. Cut fine two slices of fat salt pork and add to beef, together with three even teaspoonfuls salt and **Three Even Teaspoonfuls BELL'S Spiced Seasoning.** Place in a buttered pan. Cut a piece of butter the size of an egg in small pieces and distribute over the top. Bake from 1 to 1 and a half hours.

ASK YOUR GROCER for Bell's Book, containing 10 fine receipts. That alone is worth the price of the 10-cent can. If he cannot supply you, write us.

THE WILLIAM G. BELL CO., Sole Props., **50 Commercial St., Boston, Mass.**
Established 1861.

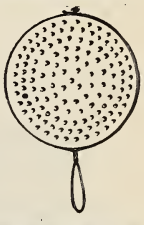


THE LITTLE GIANT FOOD CHOPPER is "PERFECTION" itself. So small that it fits in the drawer of the kitchen table, yet it has all the strength and durability of the heavy, old-fashioned kind. Easy to turn. A child can operate it, no matter what substance is being put through. Easy to clean. Can clean in less than a **minute.** Four cutters with each machine, for hash, Hamburg steak, veal loaf, croquettes, nut butter, etc. The "LITTLE GIANT" chops one pound of meat per minute. Feeds all the food through cutters, so there is no waste. Can use for preparing fish, flesh, fowl, or vegetables. Send 50 cents to-day for chopper and free catalog of other useful things about home and kitchen. Add 30 cents extra, and chopper will be sent prepaid.

E. A. PERRY & COMPANY,
Box 240. SAGINAW, MICHIGAN.

SOMETHING ENTIRELY NEW.

RULOFSON'S CALIFORNIA LAVA TOASTER. Makes delicious golden-brown toast without burning or drying it up. Placed under enamelled ware cooking utensils, prevents contents from scorching and saves enamelled ware.



TRY ONE. ONLY 25c.
If you are not satisfied, send us your cash tag, showing where you purchased it, and we will return your money. For sale by all leading dealers or sent on receipt of 25c.

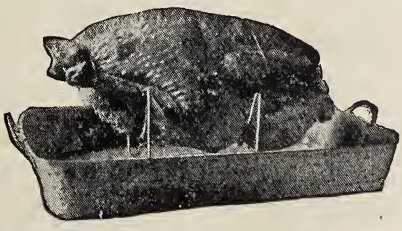
A. C. RULOFSON CO.
238 Crossley Building - - - San Francisco.

DO YOU WANT YOUR MEAT ROASTED OR BAKED?

BE SURE TO **ROAST** THAT THANKSGIVING TURKEY

BREAST

All good cooks agree that poultry should be *Roasted Breast Down,* as the breast is then rendered moist and **improved in flavor by the juices from the back.**



DOWN

THE JĀVEE ROASTING SADDLE
Supports it in that position, as shown in cut, and will be sent prepaid to any address for TWENTY-FIVE CENTS.

JĀVEE MANUFACTURING COMPANY, 84 Woburn Street, Reading, Mass.

Quilted Table Padding

is much better than the antiquated woven stuff.

There are several reasons why.

It can be washed, others cannot.

It does not cover diners' clothing with lint or fuzz.

It does not stick to the table when hot plates are laid on it.

It wears twice as long as any other.

These are the "whys" that have made it almost universal.

ALL DRY GOODS DEALERS SELL IT.

EXCELSIOR QUILTING CO.,
15 Laight Street, New York.

IT IS MADE FOR YOU,

The "Standard Rotary"



Sewing Machine.

To save your strength, your time, and assure you perfect and noiseless work. "Standards" are all one kind, the best.

SHEPARD NORWELL COMPANY,
BOSTON, MASS.

of Glenwood castings is unequalled; and this can be partly understood when it is considered that no workman at the foundry of this company can afford to mould an imperfect casting, as each piece of casting bears the number of the workman who made it. In case anything is wrong, the blame is thus easily placed. For some time past the interesting statement has been published by the makers of the Glenwood range that "every seven minutes in the day a new Glenwood is made and sold."

At one of the Glenwood stores in Boston an old Glenwood range has been on exhibition for the past few months, which has a very interesting history. It was purchased twenty-three years ago by Mr. Alfred S. Ives, of Salem, Mass., and has been in constant use since that time until about a year ago, when it was exchanged for a modern Glenwood. Not a single warp or crack appears, and it is apparently as good as the day it was purchased.

A Nonsense Calendar

The Oyster is a stupid thing:
He cannot dance, he cannot sing,
He cannot even read or write,—
Indeed, he isn't very bright.

When in September school begins
(A school of fish, I mean),
The fishes come with shining fins,
And sit in rows with happy grins,
But Oyster isn't seen.

He just lies lazy in his bed,
Although 'tis day;
And so to oystermen o'erhead
He falls a prey.

St. Nicholas

Caller. "Where's your mamma?"
Tommy. "At the literary club."
Caller. "Where's auntie?"
Tommy. "At the physical culture school."
Caller. "Where's sister?"
Tommy. "On the golf links."
Caller. "Where's papa?"
Tommy. "Gettin' supper."



Beech-Nut Conserves

There are twenty-one different kinds of delicious conserves, marmalades, jams, jellies, prepared dates, and

Peanut Butter

prepared by the Beech-Nut Packing Company and put up in their famous air-tight glass jars, without any preservative. Each jar has the natural taste of the ripe fruit and contains nothing in the way of preservatives. Peanut Butter is a nutritious, appetizing, healthful, and valuable accessory to luncheon and picnic dishes.

If you want to try these famous conserves, and cannot get them of your grocer, we will send twenty-four assorted jars, express prepaid east of Chicago and north of Richmond, $4.00; other points east of the Mississippi, $4.50; west of the Mississippi, $5.00. Only one order to a person.

Beech-Nut
Sliced Bacon and Beef

Sliced Bacon and Sliced Beef are put up in glass jars, under the famous Beech-Nut trade-mark, absolutely pure and of an unusual flavor.

"Beech-Nut Bacon and Other Good Things," a booklet with some new and appetizing recipes, given free with each jar of bacon, or sent by mail on request, accompanied by the name of a grocer who does not keep Beech-Nut products.

Beech-Nut Packing Company
Canajoharie, N. Y.

Table China and Glass

Intending buyers will find an extensive stock to choose from in

DINNER SETS ($8 up to $800.)
GAME SETS ($7.50 up to $135.)
ENTREE SETS ($7.50 to $60.)
A. D. COFFEE SETS ($7.50 to $60.)
PUDDING SETS ($2 up to $20.)
ICE-CREAM SETS ($3 up to $75.)
FISH SETS ($5 up to $375.)
OYSTER PLATES ($3 up to $90 dozen)

Also single dozens of **High-class China Plates** for course dinners; also

Bouillon Cups and Saucers; Ramekins, all values; French Porcelain Souffle Dishes; Paris Cafe Entree Dishes; Grapefruit Plates and Glasses; Covered Gorgonzola Dishes; Fire-proof Welsh Rarebit Dishes.

China Individual Breakfast Sets on Tray, for serving in the bedroom, up to, per set, $60. Guest-room sets, $1.25 to $31.50. Russian porcelain from the famous Kornilow Pottery at St. Petersburg, Turkish Coffee Cups with Silver Stands, also with Porcelain Holders, all values.

In the enlarged Glass Department (2d floor) an Extensive Exhibit of

Fine Table Glassware

Finger Bowls, Vases, Tall Compotes for Bonbons, Cocktails, Roemers, Sorbets, Creme de Menthes, Cordials, Lemonades, Champagnes, Sherries, Hocks, Decanters, Carafes, etc.

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Toilet Sets, Cuspadores, China Bathroom Sets from 90 cents to $12, Umbrella and Cane Holders from $2 to $40, Plant Pots and Ferneries, Flower Vases.

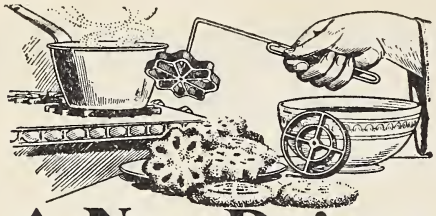
In the **Art Pottery Rooms** will be seen an excellent exhibit of things adapted to **Wedding Gifts,** Rare Bric-a-brac, including Costly Paintings on Porcelain, also Japanese Satsuma.

In the **Dinner Set Hall** (3d floor) will be seen an exhibit of the various grades of Dinner Ware. Full Services or Course Sets, from the costly designs from Mintons, the Royal Worcester, and Wedgwood, down to the medium and the ordinary values. Sets or dozens of rich plates made to order with crests, monograms, etc., heirloom treasures to be handed down. Rich Glassware also made to order with crest, monogram, etc. Wedgwood Old Blue **Historical Plates,** new subjects, 73 in all. A single plate (75 cents) can be sent by mail in one of our safety mailing boxes. Booklet mailed on application.

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Going for Yeast

Unlike the most of the regular tasks of the properly trained, useful child of fifty years ago, when the boy, Ralph Waldo, like many of his class, filled the kitchen wood-box, set the table, and scoured the steel knives and forks daily, going for yeast to a brewery had an abiding charm for children, who, but for the weekly errand, might never have entered the locality where the brewery was located. . . . The old stone brewery, high up above a deep ravine, actualized my idea of a giant's castle. That beyond the vault-like room in the cellar, where a big man in a white apron filled our pails with a long-handled ladle from great jars, and mopped up the counter, and scooped in our coppers with impressive dignity, dungeons could be found, gave me an early drill in "believing in believing." The sawdust on the floor, the grimy window barred with heavy cobwebs, was fascinatingly associated with certain story-books I had been forbidden to read more. . . . It was the rule to lift your pail cover and take a sniff. Strange that what smelled so good was so disappointing to taste, for taste we did, once at least, satisfied with the sniff ever after. There could be no loitering on the way home, else the mysterious byways leading off the main thoroughfare had been explored; but it was something to see, through the cracks in the sidewalk, fearfully close to our feet, the madly rushing waters of the raceways, to hear the hum of machinery, to watch for one thrilling moment a gigantic wheel that came up creaking and dripping from a black abyss to plunge headlong into blackness again. I had only to make myself believe, as I easily could, that it was alive, that suffering wheel, to experience the sensation that made up the day's enjoyment in a large degree. . . . "No yeast to-day," was sometimes hung out by the brewery door. My friend, who writes poems of a fair

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Crawford Cooking-Ranges

than ever, but the demand is crowding our manufacturing facilities so that we have had to again enlarge the "finest stove foundry in the world."



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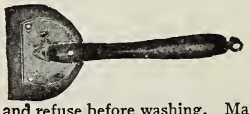
NEW YORK STATIONS: Foot West 23d Street, N.R.
Foot Liberty Street, N.R.

sort, and who used to carry a yeast pail, is saying she would give something for that old signboard to hang up in her workshop at times.—*The Atlantic.*

The Seville Packing Company of 202 Franklin Street, New York City, have recently issued a one hundred thousand edition of a beautifully illustrated salad recipe book, entitled "Salads, how to Make and Serve Them." This is far and away the most "up-to-date" booklet that has ever come to our attention, containing, as it does, not only recipes of the most noted authorities of the culinary art, but it is also beautifully illustrated with half-tones of the finished dishes.

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THE BOSTON COOKING SCHOOL MAGAZINE

OF CULINARY SCIENCE AND DOMESTIC ECONOMICS

VOL. X NO. 5



DECEMBER 1905

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Christmas Dinners

MENUS

I.

Hot Canapés of Mushroom Caps and Oysters.
Game Broth with Rice.
Oyster Croquettes, Sauce Tartare.
Roast Goose, Canned Gooseberry Sauce.
Potatoes Scalloped with Onion Juice, Parsley, etc.
Artichoke Bottoms with Spinach Quenelles, Hollandaise Sauce.
Roast Loin of Venison, Baked Bananas, Currant Jelly Sauce.
Romaine Salad.
Mince Pie. Nesselrode Pudding.
Nuts. Grapes. Bonbons. Coffee.

II.

Small Shrimp Patties.
Consommé with Chicken Quenelles.
Fried Smelts, Log Cabin Fashion, Sauce Tartare.
Fillets of Lamb on Artichoke Bottoms.
Young Goose Roasted without Stuffing.
Apple-and-Barberry Jelly.
Mashed Potatoes, Vienna Style.
Brussels Sprouts in Cream.
Boiled Ham and Chicken Moulded in Aspic Cutlets. Cress, French Dressing.
Mince Pie. Chestnut Bombe Glacé.
Tangerine Oranges. Lady Apples. Bonbons. Coffee.



A CHILDREN'S CHRISTMAS TABLE WITH CONE-COVERED FIR-TREES

The
Boston Cooking-School Magazine

VOL. X. DECEMBER No. 5.



"A Suggestion for Each Member of the Family"

Some Suggestions for Christmas

By May Ellis Nichols

MUCH has been said, and truthfully, about the abuse of Christmas giving; but, as long as Christmas commemorates God's greatest gift to man, it will be kept by making presents to those we love.

"Yes, but *what* shall I give?" The question is asked curiously in June, anxiously in October, desperately in December.

The answer is twofold. Give something the recipient wants, and something that you can afford to give. We do not quite believe the stories about the woman who presented her husband with a sewing machine and



Bureau Cover of Embroidered Handkerchiefs

received a fine hunting rifle in return; but Mary is sometimes tempted to give mother that pretty handkerchief, because she knows she will be welcome to carry it herself, or, worse still, the cut-glass dish that she, Mary, admires so much, even though she knows perfectly well that mother is longing for the two or three bouillon spoons necessary to complete her set. Perhaps you do not know what some friend wants. Look carefully to see if there is not something that she really needs for her comfort or pleasure. Last Christmas a woman, who apparently had everything that even an exacting heart could desire, received a pair of bedroom slippers, and confessed with her thanks that she had needed them for years, but obstinately refrained from buying them for herself, "because," she said, "it was so humiliating. No one ever has to buy bedroom slippers for herself who has any friends."

Having then discovered something that would be acceptable, if possible, make it yourself; but, if it must be bought outright, put all the thought and love you can give into the purchase, remembering that "the gift without the giver is bare." For the happy woman, who has time really to *make* her gifts, here is a suggestion for each member of the family. The remembrance for mother is one that little fingers can fashion,—five dozen quarter-inch brass rings woven in and out on red ribbon, with a chamois thimble-bag and red emery on one end, balanced by a pair of tiny scissors on the other. The thimble and scissors may be silver or even gold mounted if desired. She certainly deserves the best to be found, and it is to be hoped that the holes in Tom's stocking knee may not seem quite so large with this bright chain about her neck.

For father there is a coat-hanger, one of those wooden frames, padded and perfumed and covered with shirred ribbon. "Too feminine," some one says. Not necessarily. It need not be

made of white nor pink nor blue, like those for your waists, but covered with black or dark green, with the hook wound in red holly-sprayed ribbon. It is "Christmasy," and still quite suited to masculine dignity.

Next comes Elizabeth, who was married two years ago, and covets pretty things for her guest-room. This bureau cover will appeal to her. It is made of three embroidered handkerchiefs joined with beading and insertion, with blue ribbons run in to match her blue room, and the whole finished with lace about the edge. If one wanted to make the gift more ambitious, pillow shams or bolster cover could be made to match. Indeed, there are great possibilities in handkerchiefs. There could be nothing prettier to give the baby than a pillow-case made from one, with an embroidered and hemstitched edge or the embroidered initial corner. In either case, it is enlarged by a row of lace, and, if desired, another of embroidery, and finished with a ruffle of fine embroidery or of hemstitching and lace.

Margaret is going away after Christmas; and what could be better for her than this pin roll? It is made of dark brocaded silk or satin, padded and lined with some delicate-colored silk, and filled with pins, "big, little, and middle-sized," black, white, pink, purple, and blue, besides black and white safety pins of assorted sizes. The pin roll might be accompanied by a second case, made with the same kind of cover, but lined with rubber cloth, for soap, tooth-brush, and wash-cloth.

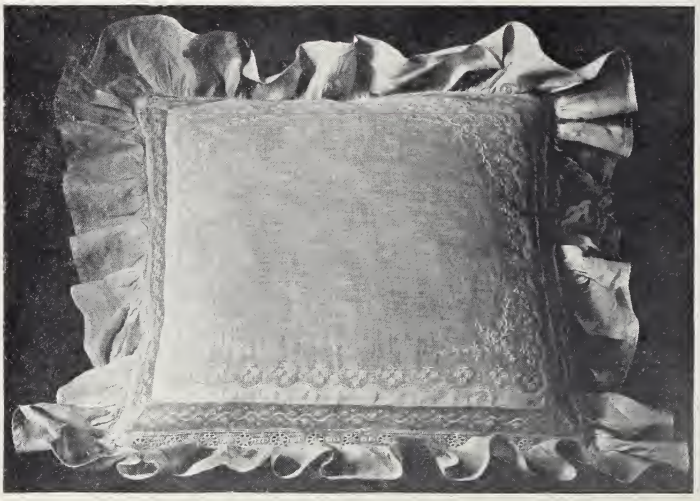
Now for six-year-old Ruth. If you want to make her perfectly happy, give her a "wonder bag." "What is a wonder bag?" Just a bright red muslin bag with seven green pockets inside, each pocket filled and securely pinned at the top with a safety pin. One pocket, and only one, is to be opened each day for a week. Each member of the family may contribute to the pockets, only do not spoil a pretty whim by too expensive favors. The pockets of such a bag, given to a ten-year-old boy last Christmas, held a comb, a magnifying glass, a cake of sweet chocolate, a game, a hand looking-glass, a nail file, and a pocket knife.



Wonder Bags

There was evidently an underlying purpose in the selection, but the boy voted it the very best present he received.

The last suggestion is for the one, whoever he or she may be, to whom you never know just what to give. When we ask our "Tom" what present he enjoys most, he always says, "Mrs. Prosser's pie." Mrs. Prosser is a dear old lady who, every Christmas, makes dozens of mince pies, and sends them in spicy showers to all her friends. A hint to the wise. Every woman should count as her chief accomplishment the ability to make at least one especially nice thing to eat. Cake, candy, salted nuts, pickle, or marmalade, it does not matter so much what it is, if only it has become an art as well as a science. At Christmas time this is her last resort. The friend who already has a surfeit of things more costly than she can afford to buy, the man who never seems to want anything, the already too-gifted small boy, each and every one will appreciate the dainty parcel that does not have to be hung nor set nor packed away, but appeals directly to a primal instinct and fills a long-felt want.



Pillow-sham of Embroidered Handkerchiefs

December

By Judith Giddings

Holly at the window-pane,
Fields snowy white,
Merry bells a-tinkling,
Stars shining bright.

All the world a-smiling,
Good-will to spare,
Gracious thoughts and generous thoughts,
Christmas in the air!

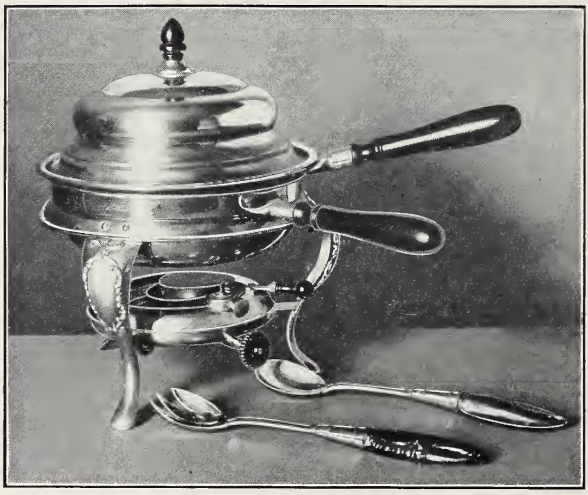


Large Cake and Small Basket made of Cake and decorated with Rosettes and Ribbons of Boiled Frosting

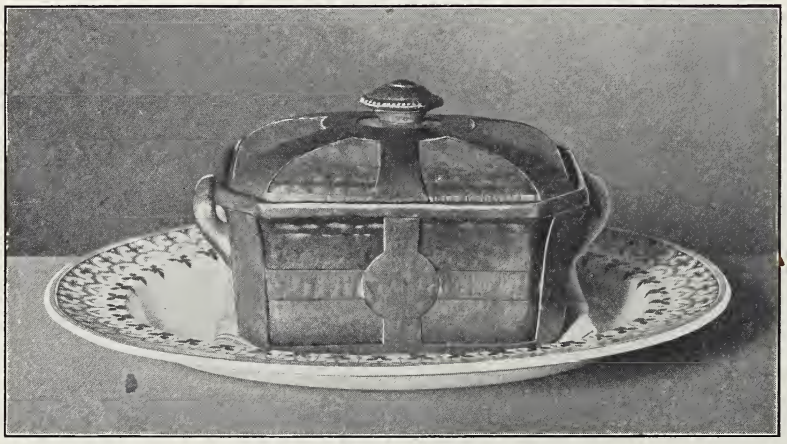
Small Cakes with Frosting in Chrysanthemum Pattern

Prepared by Mrs. F. Herbrick, Nashville, Tenn.





Chafing-dish Spoon and Fork with Lobster Claw Handles



Casserole with Copper Trimmings

Christmas Aunts

By Kate Garnett Wells

THE possession of relatives at Christmas time is very desirable, provided they give you the things you want; for there are three factors in giving,—the gift itself, the personal regard of the giver, and the appreciation of the one who receives. Appropriateness constitutes its charm, as to give without affection is a bore, and to receive from one you dislike is hideous. Now Christmas aunts, as a link between parents who ought to give something and acquaintances who need not, seem to fulfil these conditions. Generally, they know what is wanted, and have a pride in their young relations, who are not unwilling to be grateful to them.

It is character that makes the Christmas aunt what she is. She may give you a bit of ribbon or a rope of pearls. In either case it is her way of giving which makes her Christmasy. She may be old-fashioned, or of the modern committee type of hustler, or of tea-gown grace and suavity; but through all the variations runs an adorable motherliness. This it is which made the power of Mrs. Mary A. Livermore, and still creates the charm and resourcefulness of Mrs. Julia Ward Howe. Even if a Christmas aunt advises, scolds, praises, or bosses her young people, she yet has an hereditary pride in them, for they belong to her side of the family.

It is this belonging to somebody else besides your parents which is so dear. The mere fact that parents *ought* to care for those whom they have brought into the world gives to aunts an investure of free royalty. They care for you just because they need not. Even if aunts have children of their own, they do not lose their prerogatives of grace to others, while the unmarried aunt ranks next to a grandmother in delightfulness.

These "Old Maids" of our homes could have been married if they wanted to be (any man or woman can be if either wishes). The afterglow of tender romance always enshrines them, though they may lead lonely lives. Their range extends from the poor woman whose home is her trunk to the wealthy lady whose house is a shelter for others. Yet both have in their hearts the Christmas feeling. Single life may often be best, but, in regard to marriage, it is not the frequency of divorce that is the trouble, but the self-love, inordinate self-respect, and ambition of married life that most needs correction. Don't pity yourself, don't cherish vain imaginings, don't expect to get more than one-third of what you want (which usually is one-half more than you deserve), are as good rules for married as for single life. As civilization increases, people naturally will find more difficulty in getting suited to each other. As the spirit of religion grows, people will ask more from themselves than from each other, and in that asking will find as much fulness of joy and of service in being single as in being married, save that the true companionship of marriage with its children is a multiplied joy.

Christmas aunts know all of this. One of them, a wealthy married woman, sent to her nephew, who had a hard time to get along, a check, saying: "You do for me: I give to you. Doing and giving are alike family ties." Another aunt of the penurious, unmarried type sent to her niece a single carnation lying on a pair of garters she had knit, and the niece thought of the many solitary hours in which the yarn had been knitted, and of the many econo-

mies, lovingly practised, by means of which the flower had been purchased. Still another aunt and a niece, to whom fortune had alike been kind, gave each other gifts of equal value, and they were quits.

Yet there is a certain phase of Christmas giving that is more sentimental than strengthening,—the exchange of thoughts which are supposed to have either religious or literary value. Such expressions may soothe the nervous or occupy the amateur, self-conscious poser to herself of superficial culture; yet such sentiments are very different from the praise of honest affection. But many of us have not yet got rid of the old notion that praise is dangerous. It may be, when it is false; but, when true, it is an incentive to further effort. It is so much better to praise another while she is living than after she has died. All the same, exchange of "thoughts," literary or otherwise, may be an invigorating process; and may those who enjoy it continue its pastime! But do not let the "thoughts" be tinged with self-pity, for courage and common sense help us to bear the ills of life that beset us from one Christmas to another.

We never can say too often how grateful we are for "The Christmas Fact." What would our daily life have been if the first Christmas had not been born! Keeping now the truth of that fact, we pour around it the service of our daily lives. Never too poor, too lonely, too sick, to be useful to somebody! Thank God for His Christmas gift of lowly usefulness! Thanks to Him also for Christmas aunts, for he has set the world in families. Yet the trouble is that, as we do not want Christmas to come but once a year, with all its array of presents to get and to be answered, which makes the day a heavy burden, we must carry along its spirit, from month to month and hour to hour, in perpetual giving and receiving of service.

Many persons already prefer to make their gifts spasmodic rather than annual, just because the meaning of the day has become so desecrated by gregarious giving. Simplicity in all things is to be followed. Always may the Christmas aunt remain transfigured before us as one who gives, not because she must, but because she loves to bring forth from her storehouses of invention and affection gifts new and old!

Vesper Bells

By Lucia W. Eames

Soft shadows, downward stealing,
Absorb the amber light,
And, like a benediction,
Comes on the holy night.

From the gray tower in the distance,
Faint on the evening air,
The vesper bells are calling
The village folk to prayer.

I may not follow their footsteps,
And kneel at marble shrine,
Or join those faithful people
In service old, divine.

But here, alone in the open,
To God, the Father of all,
I lift my heart in the darkness;
And I know he hears my call.

Glimpses of a Japanese Interior

By Harriett A. Parker

UPON reaching J.'s home, we found it much the same as she had described,—a low one-story structure with framework of bamboo, the strips being tied together with ropes and plastered with mud, the posts of cedar or cypress, the floor of pine, and a tiled roof, which proclaimed it at once as a house of the better class. The poorer people, or the farmers, usually live in houses the roofs of which are thatched with rice straw or shingled, similar to our own. Some houses have a second story, especially those in the larger cities, with wide, cool verandas overlooking luxuriant gardens, but the most of them are built with only a ground floor,—no cellars.

As we entered, we found ourselves in a sort of hallway, and from there were led into a small reception or guest room, at the threshold of which one is supposed to make her obeisance. This room is furnished in the usual meagre Japanese fashion, the ubiquitous *tatanic*, or mat, being in evidence, which is of woven straw underneath and matting above, and bound with black cloth. These mats are three or four inches thick, and are put down over a thin, polished board flooring, often very damp and mouldy underneath, but it is a relief to know that from time to time they are taken out, beaten, and allowed to air in the sun. The size of an ordinary *tatanic* is six by three feet, and the size of a room is designated by telling how many mats are required.

In one corner of the reception-room was a raised portion, four by two feet, like a polished wooden step. On this an ornament or two of bronze or wood and a vase of flowers were placed; above, a *kakemono*, or hanging scroll. In entering the home of a stranger, it would be exceedingly rude to go directly into this room until you had been again and again urged to do so, so omnipresent is the custom of form and ceremony at every turn. Usually, kneeling cushions are placed for visitors, about one and one-half feet square, covered with cloth, silk, or some fine material in the houses of the better class. When you finally take a cushion, —*i.e.*, kneel on it,—etiquette demands that you take the one furthest away,—nearest the entrance. After repeated urgings you may go farther and farther into the room; but some never do.

Upon our arrival, tea was served in true Japanese style, *Kaoru*, J.'s little maid, bringing in a brass kettle of water, which she placed over the charcoal fire. This kettle was finely embossed,—even in the homes of the lowly,—and is often of rare beauty. The tea-box was already in the room, a handsome lacquered affair, as were the dishes or boxes of cakes—a quite good kind of rice cracker—and candies, for which J. produced her best ivory chop-sticks. After brewing the delicately colored tea, Kaoru remained humbly in a corner of the room, kneeling, with folded hands, until it was time to remove all traces of the light repast.

During her long residence in Cherry-blossom Land, a part of which time was spent in the larger hotels, where food of all kinds is the best, J. had become quite addicted to a menu Japanese, but, thinking that we might not "take to" this way of living, upon such short acquaintance, she had provided that our next meal be served in "foreign style," which, needless to say, was not

foreign to us. A man who had had much experience in cooking for foreigners in Tokyo had become so proficient in his art that he was the teacher for numerous culinary classes under his direction, as well as letting himself out to take charge of dinners in "foreign style." This idea had become very popular, especially among the wealthy class, and the man was kept busy all the time. Fortunately, we were not obliged to partake of a strictly Japanese diet for the next few days, although J.'s cook, whom she had instructed in many American dishes, was obliged to be away on account of illness; for her kind neighbor, Mrs. Tosliero, herself a semi-lover of foreign cooking, was ready at all times to assist her.

As we had come to the Flowery Kingdom to learn, it was a pleasure at times to forsake the large dining table and chairs, and betake ourselves to the little low tables, with their collection of dainty china. In one or two houses in which we went, even the tiny table was omitted, and a tray—sometimes raised from the floor an inch or so—substituted. We never got tired of praising the pretty lacquer bowls for soup, the round covered bucket or box for rice, with spoon to match, the carved chop-sticks, and the delicate porcelain.

Rice, as is well known, is their "staff of life,"—and, by the way, how much of it they do eat!—and the bowl is always placed on the left-hand corner of the table or tray. This is the only dish of which you are expected to be helped to a second time. The soup is generally made of fresh or salted fish, boiled in water with a vegetable or two, and is drunk from a bowl. The right side of the tray is the proper place for it. Then on tiny dishes between are pickles or relishes of various sorts, *ko-no-mono*. The favorite seems to be the *daikon*, a white vegetable resembling our turnip, and boiled in water. After once inhaling the never-to-be-forgotten odor, we had no inclination to attempt this. Fish boiled or broiled is always in evidence, but rarely served alone, as with that, as with meat or vegetables, they mix *soy* or *niess*, a kind of bean sauce. Raw fish did not tempt us. They like white potatoes, cold and sweetened with sugar. Sweet potatoes are eaten as a fruit, often between meals. Other viands of a meal *à la Japanaise* are *shirukos* (cakes made of rice with an accompaniment of bean sauce) *chawan*, (a mushroom soup), *saba* (a kind of vermicelli, served with *soy* and a sweet liquor), etc. *Saké*, the national beverage, made from rice, is always served warm, and is not generally partaken of at a family *dînette*, as Pierre Loti would call it. It is astonishing that more attention is not paid to the cultivation of fruit, as certainly some parts of the country must be adapted to it. Oranges and melons with a few grapes and figs are about the only eatable fruits, with the exception of pomegranates and persimmons.

The saying, "There is no accounting for tastes," loses none of its significance in Japan, truly. It would seem that the food of the people—though it is true that indigestion is not an uncommon thing—is, for the most part, suited to them in every particular. Else why that sunny, serene temper, the ability to work so faithfully and well?

And so *sayonara* (good-bye), queer little people! It was good to have seen and known you, but we were not sorry to leave the "land of gentle manners and fantastic arts" far behind us, and to get home to our good old-fashioned bread and butter, our milk and coffee, and all else that combines to make America the best and dearest land in all the world.

Tarallucci and Pizzie Cavuie

By Helen Campbell

"I TOLD you not to be surprised," said the young man.

"That doesn't prevent the fact from occurring," replied the charming girl who faced him at a little table on which cups of coffee had been placed, together with a plate on which were piled the tiniest of cakes, with a hole in each hardly larger than a lead pencil would make. This was a fifth excursion to singular forms of restaurants in New York,— "a tour of discovery, to find out just what one need never visit again," she had said. But these curious little cakes had attracted her; and her guide and fiancé, as they paused before the window of the dingy little bakery, smiled as he looked at them.

"These are faithful copies of some I have seen baked eighteen hundred years ago."

"Don't be mysterious, Philip. Was it in a dream?"

"Not at all. It was in the museum at Pompeii. You see, when the excavators got really underground at Pompeii, they found many ovens. All of them held pans, and in every pan of some, at least, were *tarallucci*. They were well done, beyond a doubt, for they had been in the oven eighteen hundred years. You will find them made by the same rule in Naples to-day; for the Neapolitans always eat them with their coffee,—little crisp, crusty things, you know."

"They can't be cakes, Philip, for they are absolutely stony. They are just little buns, I should say, and marble dust perhaps instead of flour. Oh!" she added, for her teeth had penetrated one, and she laid it down with the look of one betrayed, "it's much worse than marble dust. What in the name of all dead cooks is it?"

"You ought to know anise-seed by this time, child. The hot coffee brings out the flavor a little too much, perhaps. We Americans do not take very kindly to anise-seed. And yet you like it in the German rye bread."

The girl shook her head.

"That's different. These particular *tarallucci* were undoubtedly baked in Pompeii. If I had lived there, and had to eat them, the irruption would have been welcome. Can't you do any better by me than this?"

The young man nodded amiably.

"There's one more place left, I think. Do you want to try *pizzie cavuie* down on Spring Street? There are just two places in all the city where you can get them; and they, also, are Neapolitan,— that is, the cakes are."

"Are they as impossible as these?"

"Try them, and see." And now, with no further hesitation, the girl rose and laughed, as they took the car to Spring Street, transferred there to a little horse-car,—the unceasing astonishment of all who came upon it in the great city,—and jogged on to the shop, on the window of which in tall letters they saw the words "Pizzie Cavuie," a pile of Italian cheeses behind it.

"It might be some sort of theatre," the girl said as they entered, for along one side of the room was a row of little private stalls about the size of theatre boxes, a small black table, and two black benches in each, and partitions of black wood between. On the opposite side was a very long table, also black, but covered with the brightest of green oil-cloths, long black benches on either side. A railing divided the shop in the middle, and here stood two Neapolitan bakers, all in white, white caps on their heads and thick rolls of white dough before them. Behind the railing was a broad shelf; and now the

girl watched, fascinated, as each took a piece of the dough, and with a series of slaps on the shelf flattened it till no thicker than the ordinary pancake, but about the size of an Adirondack flapjack or a pie. Then they dabbed bits of lard all over the surface, and sprinkled on a thick layer of grated, Roman cheese, from the deep dish of it close at hand. On top of this went thick cooked tomato, and on that a sprinkling of *aregata*,—an aromatic, spicy Italian herb, always a favorite seasoning. The whole operation had lasted hardly more than a minute. Now the cakes were slapped on a long-handled paddle and pushed into a hot oven close by. Left there less than five minutes, they were taken out steaming, and sent to the tables on a large round pewter plate, though for the two Americans individual plates were brought forward. The girl tasted delicately, then nodded a modified approval; for it was hot and spicy, a cross between bread and pie-crust. Cold, there was no doubt that it would be a heavy morsel for stomachs unused to such diet; yet there was something enticing about it.

"What do the words mean? I never met them in any Italian I know," the girl said.

"You couldn't, for they are not in the dictionary. It's dialect pure and simple,— Neapolitan dialect,— and it means just hot cakes. In Naples they make little ones that sell for a cent each, and at the doors of the bakeries they cry, '*Tarallucci con pummarola e alice*,' which means with tomato and anchovy. Nor is it tomato straight, for I found out that they used the tomato paste that all Italians make. You are laughing; but I found it out by being on the roof of an old place near Florence, where they were drying this cooked-and-strained tomato, which has a delicious flavor. They soak it and stew it, or use it as in this case; and the whole thing in the way of *tarallucci*, whatever form it takes, is always savory and enticing.

"I should think so!" the girl exclaimed. "My dear Philip, what were you thinking of? There isn't one little crumb of that extraordinary thing left, and you will have indigestion."

"But no," the young man said seriously, "for you see that is where the *aregata* comes in. Nothing that holds that as seasoning can give indigestion or anything else but satisfaction. You see, that is the difference between the Italian and the New England cook. The first puts the antidote in every dish. The second prefers a pill box or something in a bottle. Give me the Italian method every time."

"I wonder what else you know about cookery," the girl said reflectively, as she pushed in her hat pins and looked once more about the little restaurant. "You have opened up a new field of inquiry. Are you going to see that I provide a full supply of *aregata* when housekeeping begins?"

"Why not?" said the young man, quietly. "The Italian woman cannot make an unsavory dish. I walked in Italy, you know, five months, seeing things as they are. Do you suppose I could walk through New England—for that matter, anywhere in the United States—without being poisoned by bad cookery? But now we will leave that question for another day." And he signalled the little car as it neared them, and looked back at the window and its sign.

"I believe that this minute you would go back and eat another of those extraordinary combinations," the girl said.

"I shall get the recipe as old as the *tarallucci* one, and we will give a dinner *à la* Pompeiian," the young man answered with a laugh; and the girl said: "To be sure. I'll come again, and see some more."

A Cabinet Luncheon

By Helen B. Crane

THE guests are to represent the Vice-President and members of the Cabinet. So on her arrival give to each lady a card upon which is written "The Secretary of War," "The Attorney-General," etc. With these she must find her seat at the table, where only the personal names—Mr. Root, Mr. Cortelyou, etc.—will be written on the tiny flags that stand by each place. In the centre of the table, on green cloth or velvet, stands a large white pasteboard box to serve as "The White House." With pencil or brush mark in windows and doors, and place around it tiny potted plants, vines, etc., to cover the discrepancies of architecture. On large cards, decorated with pictures of the President and Vice-President and red, white, and blue ribbon, print the following menu, which represents the various departments of the Cabinet:—

THE PILLAR OF STATE.
AGRICULTURE SOUP.
LABOR AND COMMERCE.
THE WHITE SQUADRON.
THE DEPARTMENT OF LAW.
INTERIOR SALAD.
CABINET PUDDING.
TREASURY ICE. POST-OFFICE CAKE.
THE CANTEEN.
OFFICE-SEEKERS.

The first course, in honor of the Secretary of State, is a fruit punch made of chopped oranges, pineapple, and strawberries, to which are added sugar and a little sherry. This is served in ginger ale or Apollinaris glasses, standing in tall white pasteboard tubes, at the bottom of which is a square piece of the pasteboard, like the base of a Doric pillar, while another piece at the top is cut out in the centre, that the glass may stand inside. A bit of paper and a little paste will join these two pieces securely. The Agriculture Soup has in it a variety of fine-chopped vegetables, carrots, celery, parsley, rice, etc. For the fish, fried smelts should be served with tartare sauce, while on each plate is laid a small toy shovel or anchor, indicative of Labor and Commerce, the newest of all the secretaryships. The entrée course, illustrating the White Squadron, consists of creamed sweetbreads, served in oval-shaped paper boxes, in which are standing three smoke-pipes made of soda-water straws and two toothpick masts. A spoonful of green peas may be served on the plate with the "gunboats."

Every attorney must have his "sheepskin." So the next course will be roast lamb with vegetables. The Interior Salad is made with raw tomatoes, from which the interior is scooped out and refilled with a salad of chicken, celery, cucumber, and mayonnaise. The Cabinet Pudding is the ordinary one of any cook-book, and is followed by the Treasury Ice, which is thin, oblong slices of pistachio ice-cream (greenbacks), together with two or three small circular pieces of Philadelphia or rich custard cream that will give somewhat the color of gold coins. This cream may first be cut in slices and afterward in disks with a small biscuit cutter.

The Post-office Cakes are baked in thin layers and cut into slices the shape of a small envelope. These pieces are iced, and afterward have written upon them with a fine brush and rather thin chocolate icing the names and addresses of the guests. The Canteen, or coffee, representing the Army, may be served in the drawing-room with the Office-seekers, or Candi-dates.

Some Cuban Dishes

By Mrs. L. O. Harris

THE guinea fowl is butchered to make the Cuban New Year holiday; and, when it appears upon the table in a rich brown gravy with raisins, olives, almonds, and pistachio nuts, behold a dish that might have come right out of "The Arabian Nights." The flesh of the guinea is dark and fine-flavored, more gamy than that of any other domestic fowl. It is highly esteemed in Cuba, as also it is in our own Southern States.

If the guinea must die in the interest of the New Year feast, it is the pig whose presence is necessary to the completion of the Christmas dinner. His Piglets of Cuba is said to be the Prince of Goodfellows, the most delicately flavored porcine in the world, all because he confines himself to a diet of the fruit of the royal palm, the stateliest tree that grows, a veritable hidalgo of the soil. This pig's feet make a succulent stew, and this dish they call *patos*. They are boiled until quite tender, and then made into a brown stew in which raisins and olives are cunningly combined. The Cubans use olive oil in their cookery where we would use lard or butter, claiming with truth that it is less greasy and more wholesome than the other two. Butter, however, costs 60 cents a pound there, and that fact may have some influence in shaping public opinion against its use.

Their *ropa vieja*, literally old clothes, is a better-tasting dish than its name would seem to indicate. It is made of beef, fresh or jerked, which is boiled until tender. It is then shredded and stewed in olive oil with tomatoes, frigoles, pepper, a bit of garlic, and is served with an accompaniment of croutons. The big *pimentos colorados* which are spread over the mound of meat are peculiarly dear to the Cubans. This pepper, which is mild, is put up in oil, and is ready for every emergency.

Arros con pollau is chicken and rice cooked together, and highly seasoned. This is something like the jambalayah of Louisiana, but is not quite so savory.

As a rule, the Cuban dishes are delightfully seasoned, though one might wish for a little more discretion in the use of garlic; but it is not true, as some travelers would have us believe, that in Cuba they put garlic in everything but the sugar.

Their beans are of so many varieties, and are cooked in so many ways and in so many combinations, that only one to the manner born can describe what they really are. *Frijole nigra*, a little black bean, appears to be a variety much liked, and keeps close company with rice. The Cubans prefer their rice less highly polished than that turned out by the mills in the States, claiming that its flavor and nutritious quality are impaired by the high polish given here. They prefer on that account the golden rices of East India.

The Cuban squash, or *chiotas*, is the fruit of a perennial vine. It is the same thing as the mirliton of Louisiana, and all other squashes compared with it are as moonlight unto sunlight.

But there is a green gourd which rivals it, its delicacy of flavor being due to its tiny seeds. This gourd is really a calabash, and it is the fruit of one of the most stately, the most beautiful, and the strangest-looking of trees. The balsam apple, also one of the gourds, is picked green, cut into dice, fried like potatoes, and is served with steak. It is bitter as death, and at first is rejected as nauseous, but, tasted again and again, it begins to commend itself, and finally is taken into high favor.

This use of the gourd as a food comes to the Cubans through the Spanish Moors, who in their turn derived it from the Orient. The Bible speaks of the gourd as a food. When Elisha, wishing to feed the sons of the prophets, bade his servant set on the great pot and seethe pottage for them, he went out into the field to gather herbs, and found a wild vine, and gathered thereof wild gourds, a lapful, and came and shredded them into the pot of pottage; for they knew them not. But it came to pass as they were eating of the pottage that they cried out, and said: O Man of God, there is death in the pot, and they could not eat thereof. But he said then, Bring meal. And he cast it into the pot, and he said, Pour out for the people, that they may eat. And there was no harm in the pot.

The Cuban pumpkin is an odd-looking vegetable, in color like an egg plant, in size and shape a good deal like the old-fashioned long canteloupe. It does not taste pumpkin-y at all. The paw-paw, which grows in queerest fashion, several tiers deep all around the neck of its parent tree, apparently unrelated to limb or stem or twig or leaf, looks and tastes like a canteloupe, and is served in the same way. Cuban housewives have long known of the solvent quality of its juice, and with it treat tough meats and superannuated fowls. This vegetable pepsin must be used sparingly, however, for a little too much is a world too much, disintegrating the fibre of the meat so thoroughly that, when it comes out of the oven, it will crumble like powder under the teeth.

There is a soup made of codfish and green banana, also one made of pumpkin and banana, which are not bad. The calamarie, a queer, slimy, amorphous creature, all tentacles, that may claim close kin with the octopus, is very good indeed, fried after the fashion of a soft-shell crab; but his looks are very much against him.

Cuban coffee is good. It is ground very, very fine, and this dust is put into a bag shaped exactly like an old-fashioned nightcap, its mouth being held open by a metal band. This is suspended over the pot, and the boiling water, poured on at intervals and only a little at a time, percolates slowly through the mass, making a strong decoction. One tablespoonful of this is added to a cup of salted, hot milk, which by long, slow boiling has been reduced two-thirds. This *café au lait* is drunk all hours of the day, at home or in the cafés which corner every street; but many strangers do not, at first, fancy the salted milk that forms so large a part of this drink.

Ideas for Engagement Luncheons

By Mary Taylor-Ross

AT a recent engagement luncheon tiny Cupids were placed here and there amid the greenery that surrounded the centre-piece of flowers. Each of the images sported a bow with gilt-tipped arrows, which were pointed directly toward each cover, and in the small receptacle hanging at the left side, and supposed to be intended for arrows, was a tiny three-cornered note attached to pink satin ribbons. At a given signal each guest pulled at the pink ribbons, which were carried over the table to each place,

and, upon opening the note, the names of the engaged ones were disclosed. This pretty way of announcing one's engagement does away with any more formal statement, which is always more or less embarrassing to the "lady in the case."

The souvenirs of this luncheon were heart-shaped candy boxes of white satin, decorated with pink bows, the cover of each box being pierced with a rather large gilt arrow.

At another luncheon the true lover's knot was made the motif for decorations. The candle-shades were decked with true lover's knots of wired and knotted ribbons, and here and there on the ribbon flashed a Rhinestone, which added to the brilliant appearance of the table. The flower design was also a true lover's knot of large proportions, made of flowers and maidenhair fern, and the various dishes served carried out the same idea. Sweetbread patties were made of puff paste formed into a knot, the sweetbreads being filled into the loops. Small cakes were first covered with white icing and then decorated with true lover's knots in pink icing, and the bonbons were pink and white cream knots, rather tiny than large.

The same sort of scheme, substituting double hearts for the true lover's knots, proved a success, at a third engagement luncheon, the centre-piece of two hearts intertwined being suspended over the table instead of lying flat on its surface. The chandelier was entwined with smilax and maidenhair fern, and in the middle of the table was a handsome silver dish filled with what appeared like the old-fashioned lozenges of our childhood. Two of these were fastened together with narrow ribbons that extended to each place, ending in a rosette at the place cards, which were of double heart shape and pierced with a gilt arrow of paper. Upon drawing these double hearts from the dish, the names of the engaged pair were found, one on each heart. The hearts were of pink candy, the clever work of a caterer, and the ribbons were of white satin. On the reverse side of the hearts were found the intertwined initials of the pair.

A pretty way to announce an autumn engagement is to slip a folded paper containing the names of the engaged couple inside the empty shell of an English walnut, tying the halves of the shell together with gilt cord or baby ribbon, and piling them in a dish, as in the case of the double hearts, or laying them at each place. The fact that they are tied suggests opening them, and the guests are soon chattering over the contents.

A Vassar girl's engagement luncheon was carried out in the college colors,—gray and pink. That is, the decorations were; for the time, when color schemes for luncheons include every dish that is served, is happily past. There was a certain monotony in this out-of-date fashion that became ludicrous, when it reached the far-fetched idea of serving all sorts of foods colored artificially to suit the scheme, and one was obliged to eat salads and creamed foods, colored blue or pink or green, as the case might be.

It is, however, perfectly proper to select and make use of such foods, whether fish, fruits, or vegetables, that lend themselves naturally to a given color scheme, and, at this Vassar luncheon, were served cream-of-salmon soup, rose ice-cream, pink "cake sandwiches," made of two very thin slices of sponge cake put together with jelly and covered with pink icing, and rose-colored bonbons of all sorts. Pale pink roses were used as a centre-piece, in a tall crystal vase that did not hide the beautiful long stems and foliage. Around the centre-piece was an artistic arrangement of gray and pink silk tulle tied in a large upstanding bow,

and here and there among the folds of tulle peeped delicate maidenhair fern.

The salad was trimmed with "daisies," each one cut from a slice of hard-boiled egg with a daisy-shaped vegetable cutter. Pink rose petals floated on the water in the finger-bowls; and not only was the rose ice-cream tinted a rose-pink, but it was moulded in the form of an American Beauty, and when a few rose leaves on thorned stems were laid on the side of the plate, with a few real rose petals, the ice-cream roses looked very natural. The girls have decided that, when this wedding occurs, rose petals shall be showered on the bride instead of the out-of-date and rather dangerous rice, after the hint given at an early spring wedding which, occurring in early May, when flowers are rather scarce in some parts of the country, was an "apple-blossom wedding," and by shaking branches of apple-trees in full bloom over the bride's head a shower of the sweetly fragrant petals resulted.

At the white luncheon mentioned above, popcorn was served with the clam soup. The soup was served in bouillon cups, and on each plate was a little heap of popcorn, and on top of the soup was floating a meringue made of white of eggs, salted and whipped to a stiff froth. Both the meringue and the popcorn blended well with the flavor of the clam soup, and were a little out of the ordinary.

Lessons in Cookery and Food Economy

By Mary D. Chambers

Lesson II

Hydrolysis of Starch

I

Cookery of Cereals General Rules

Ingredients: Water, salt, cereal.

Proportion of Water: This is determined by weight of cereal, four times as much water, by weight, as cereal. Exception: Ralston Breakfast Food, Pillsbury's Vitos, and other preparations especially rich in gluten.

Proportion of Salt: This is determined by volume of water used, one teaspoon of salt to one pint of water.

Time allowed for Cooking: This is determined by the process of manufacture. For "rolled" grains, which are partly steam-cooked, a minimum of thirty minutes is often allowed, for the "germ" preparations, a minimum of one hour, while oatmeal, corn-meal, etc., require six to eight hours. But all cereals are the better for prolonged cooking, and the time may be extended almost indefinitely with excellent results. Exceptions: corn-meal, when used to correct constipation, in rare cases, is cooked for one hour, or less. Rice, boiled in water, is best cooked from twenty to thirty minutes: over-cooking causes it to become "pasty." When rice is cooked in a double boiler, forty-five minutes may be allowed.

General Method of Cooking Cereals

Weigh cereal. Measure four times its weight of water. (Allow in measuring water a pint to a pound.) Boil water in inside part of double boiler. Add salt, and let boil again. Stir to increase agitation of water, and add dry cereal slowly. Let boil three to five

minutes, stirring occasionally. Cover, and place in outside part of double boiler, previously filled one-third with boiling water. Cook for required time closely covered, keeping water boiling, and keeping up the quantity in the outside boiler, should the cooking be prolonged.

NOTE.—Cereal, when cooked, should be rather stiff, and not soft or mushy.

Stirring during process of cooking is apt to make cereal "waxy."

RICE, TWO METHODS

I. Wash until last water remains clear. Cook in a large quantity of rapidly boiling salted water. Water must boil so hard that rice will keep stirred up from bottom by mechanical action, and to this end the volume of water must be excessive and the boiling violent. When cooked (this can be tested by pressing a single grain between thumb and finger), drain in colander, and dry in hot oven, shaking once in a while, so that each grain will be separate and flaky.

II. Wash, and cook as other cereals in double boiler. This method must be employed in a hard water section of the country, and, generally, where artesian well water is used, as certain of the salts in such water cause discoloration of the rice. The appearance of the dish is not so attractive as in the first method, but there is no loss of nutrients in draining off water.

ADDITIONS TO CEREALS

Dried fruit, chopped, and lightly stirred in a few minutes before removing cereal from fire. Or cereal can be served as a border to baked apple or apple-sauce or with a spoonful of fig marmalade. This is made by pressing steamed figs through a colander and moistening slightly with water. The addition of cream to the cereal supplies the fat in which most of the grains are deficient. Sugar, beyond that found in the fruit, is, on the whole, best avoided, since, being readily absorbed, it is apt to clog the vessels, and delay absorption of other foods.

II

Experiments in Cooking Breakfast Cereal

1. To one cupful of rapidly boiling salted water add two ounces of any of the quick-cooking breakfast cereals. Let boil three minutes, cover, place in double boiler, and cook one hour.

2. To salted water, heated in inner part of double boiler, but not directly over fire, add cereal same as before, and cook one hour, allowing it to remain the entire time in the double boiler. Compare with 1.

3. Divide 1 into three parts, A, B, and C. Allow A to cool to approximately 150° F., and add to it one teaspoonful of dry malt flour. Mix, and allow to stand five minutes. Keep B at boiling-point, add malt flour, same as A, and let stand five minutes. Let C remain undisturbed for control test. Compare all three.

4. Compare a portion of breakfast cereal cooked from eight to twelve hours (this must be previously prepared by teacher, and must be of same description as that used by the class) with the cereal cooked during lesson.

5. Mix a quarter-teaspoonful of cooked cereal from 1, 2, 4, A and B, with one-half cup of cold water. Filter into beakers, and test with iodine.

III

Sponge Puddings

No. 1. Two cups of boiling water, one-quarter a teaspoonful of salt, three tablespoonfuls of cornstarch, one-half cup of sugar, four tablespoonfuls of lemon juice, whites of four eggs, stiff-beaten.

Blend cornstarch with a little cold water, and stir into boiling salted water. Cook for twenty minutes, or thirty minutes if in double boiler. Add

sugar, and let boil one minute. Beat in stiff-beaten whites. Add lemon juice, mould, and chill.

No. 2. Omit lemon juice, and substitute orange juice for half the quantity of water. Cook for half the time allowed for No. 1.

In class work the students number themselves in groups of three. Nos. 1 and 2 make lemon and orange sponge, respectively. No. 3 make a lemon sponge, which is cooked for six minutes only. The three puddings are compared, and the results tabulated.

NOTE.—Grape juice, huckleberry juice, or other fruit juice may be substituted for the orange juice. Canned or preserved fruit juice can be used with excellent results by lessening or omitting the sugar. Cherry juice drained from the can is particularly good. A chocolate sponge pudding can also be made by adding one or two squares of melted chocolate just before removing from fire. One or two tablespoonfuls of sugar extra will be found an improvement, if chocolate is used. None of these variations, however, is so well adapted to illustrate the effect of cooking starch with acid as the example given in No. 2.

Simple Experiments in Hydrolysis of Starch

A starch paste is made by boiling five grams of pure potato starch in five hundred c.c. of water. This is divided in portions of about thirty grams each, one to each student. Procedure as follows:—

1. Divide starch paste into two parts. Further subdivide one of these parts into two parts, A and B. Boil A with a few drops of 20 per cent. sulphuric acid, and test from time to time by taking out a portion on end of glass rod, and dropping on a tile or glazed slab, then adding a drop of iodine solution.

2. Add to B one gram of malt flour, and keep at 140° to 150° F. for half an hour. Keep testing as before every five minutes. The starch paste in these experiments is diluted with three or four times its volume of water, and the iodine solution is about 5 per cent.

3. Divide the second portion of starch paste into four parts, A, B, C, and D. To A add one or two grams of saliva, to B the same amount of saliva, previously mixed with HCl or other acid, a drop or two. Keep at 140° F. for some minutes, and test as before with iodine. Treat C with saliva same as A, but subject to a temperature of 200° F. or over. Keep D for control test.

References

"Chemistry of Cookery," Williams, chap. xviii. "Text Book of Physiology," M. Foster. "Dextrin," Appendix to above, Lea. "Dextrin, Food, and Dietetics," Hutchinson, p. 400.

Questions

Discuss, under four headings, the advantages and disadvantages of the double boiler.

Why, more than any other of the breakfast dishes, must the cereal be thoroughly cooked? (The expected answer is that the cereal is seldom sufficiently masticated to insure complete insalivation, hence, unless hydrolysis is initiated by cooking, it will not take place, appreciably, until the food reaches the intestine.)

What results may be expected to follow from eating a highly acid fruit before or with the breakfast cereal?

Describe the end product of the hydrolysis of starch by ptyalin. What are some of the intermediate products, and how may they be recognized?

Discuss fully the four hydrolyzing agents used in class.

What apparent contradiction did you find in the work in sponge puddings and the experiments which followed? Account for this.

Make at least four original applications of the knowledge gained from this lesson.

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CHRISTMAS, 1905

FORTY-FIVE years ago Abraham Lincoln was chosen President of the United States. Since the end of the war of emancipation the material growth and prosperity of the land has been marvelous. It is almost literally true: The old order changes. Behold, all things have become new. Once a hundred thousand dollars was regarded a large fortune. Now that of a million is less rare.

Each generation has its problems to solve, its burdens to bear; but the burdens and the problems from age to age are not the same. With the questions and affairs that engrossed the minds of our fathers we of the present day are little concerned. The conditions of life have changed. We no longer use the same tools nor read the same books. We smile even at many an old custom and belief.

A few years since, and people felt that war was a thing of the past. No more wars were to be. International differences were to be settled by arbitration. And yet within the past decade our nation has engaged in a war (unnecessary, to be sure) the issue of which seems destined to bring about great changes in our national spirit and policy. We have just witnessed, also, the close of a foreign war the most destructive and sanguinary of all time.

In this strange and wondrous course of events we see the chief magistrate of the republic become foremost actor in making peace between foreign nations who were at war, and then in cementing peace between brethren of a common national destiny. Of President Roosevelt's recent triumph in the South the *Congregationalist and Christian World* well notes:—

"As a truthful, comprehensive, and self-restrained compliment to Mr. Roosevelt, it would not be easy to surpass that with which General Rhodes, a journalist of Birmingham, Ala., presented the President to the people of that city. He said:—

"'Most genuine and cordial is the welcome extended by the magic city of the South to the Magician of Diplomacy,—the Pacificator of the nations. All classes and creeds with hearty acclaim and spontaneous enthusiasm greet the chief magistrate, "who cares not to be great, save as he serves or saves the State." They hail with honor the man who in his private life has established standards of thinking and doing that which will ennoble Americans and uplift and bless mankind.'"

Thus with gratitude for marvelous favors in the past and with hopes of still greater prosperity in the future along peaceful and industrial lines, we approach the Christmas season of 1905.

FOREST PRESERVATION

THE work of the American Forestry Association is of immediate concern to every man and woman in the land. The time has come when the preservation of our forests becomes a matter of public and private welfare. It has to do with far-reaching economic and hygienic utility, —the future prosperity and well-being of the State. In confirmation of the fact many a community has an object-lesson constantly before them in the utter desolation that follows the destruction of forests. The intimate relation between woods and water supply must never be forgotten nor neglected. The diffusion of knowledge regarding the conservation, management, and renewal of forests, the proper utilization of their products, methods of reforestation of waste lands, and the planting of trees, is an imperative need. And this is one of the objects of the American Forestry Association. In a strong plea for the conservative handling of forests, President Roosevelt says:—

"It is the upper altitudes of the forested mountains that are most valuable to the nation as a whole, especially because of their effects upon the water supply. Neither State nor nation can afford to turn these mountains over to the unrestrained greed of those who would exploit them at the expense of the future. We cannot afford to wait longer before assuming control, in the interest of the public, of these forests; for, if we do wait, the vested interests of private parties in them may become so strongly intrenched that it may be a most expensive task to oust them. All the higher Appalachians should be reserved, either by the States or by the nation. Such reserves would be a paying investment, not only in protection to many interests, but in dollars and cents to the government."

Forest preservation is of especial concern to the people who dwell in the vicinity of these districts. As a unit, they should act to the end that their interests and rights be conserved.

For instance, the chief assets of the villages and towns in the White Mountain region are running brooks, good roads, and the beauties of hillside and mountain. Will the people sit idly by, and see these things despoiled of that which is their chief charm? The welfare of countless towns is at stake.

THE LADY COOK

THE old-time idea that cooking is drudgery and a work suitable to menials is now obsolete. The lady cook is in demand. Modern cooking calls for rare intelligence and that expert skill which is gained only by practical experience. The modern cook needs be versed in bacteriology, physiology, chemistry, and sanitary science; yet it is safe to say few cooks have received even a smattering of instruction in any of these subjects. Most women who have had scientific training seem to think they have been educated above housekeeping, and hence they are likely to make no practical use at all of their knowledge. There are chefs, or men cooks, who receive salaries of five or ten thousand dollars a year. But where are the women cooks who receive in compensation for services one-half or one-fourth of these sums? The standard of cookery should be raised, and that, too, by women, to that of other kinds of skilled labor. And the occupation calls for something more than skilled labor: it is well-nigh a profession.

Why do women seek to avoid the occupation of housekeeping, and especially the offices that centre about the kitchen? Why should they not rather aspire to render the calling dignified and honorable? In all large towns there are young women, in numbers, who are earning in shop and office

from four to six or eight dollars a week. With this stipend they must pay living expenses; and they are in constant anxiety about steady employment. As qualified cooks, many of these same young women might earn, at any rate save, more money, and certainly they could always find steady employment.

It is time the neat, the intelligent, the skilful cook was everywhere abroad in the land. She is needed. Remunerative business is within her reach. Places are waiting for her. And, besides, in qualifying for these one is making the very best preparation to undertake woman's highest calling in life.

THE series of articles in the *Cooking-School Magazine* by Miss Mary D. Chambers embrace a thorough and scientific study of foods, their nutritive and economic values, and the several ways of cooking the same. While these articles are of especial interest to teachers of cookery, intelligent housekeepers everywhere, who want to know the why and the wherefore in the use of food products and in the processes of cooking, cannot fail to receive instruction and profit from a careful perusal of the lessons. This may lead to further reading and study, and hence to better and more intelligent ways in the management of food and feeding in the household. The papers have been highly commended as something real and tangible, something that can be referred to for definite and reliable information in cookery.

THE PRESENT CRISIS

PEOPLE once accepted as fact what was seen in print. Their opinions and beliefs were moulded by the teachings of their favorite newspaper. "I saw it in the *Times* or the *Tribune*," settled questions of law and gospel. But times have changed, and the printed page no longer is looked upon as oracular. People have grown suspicious. They want to know the conditions under which an article was written, the motive of the writer, how much he was paid for it, etc. People are learning to think for themselves. They do not confine their reading to a single paper or periodical. They read many of these, and draw their own conclusions therefrom. The spirit of distrust is wide-spread. The independent voter is abroad in the land.

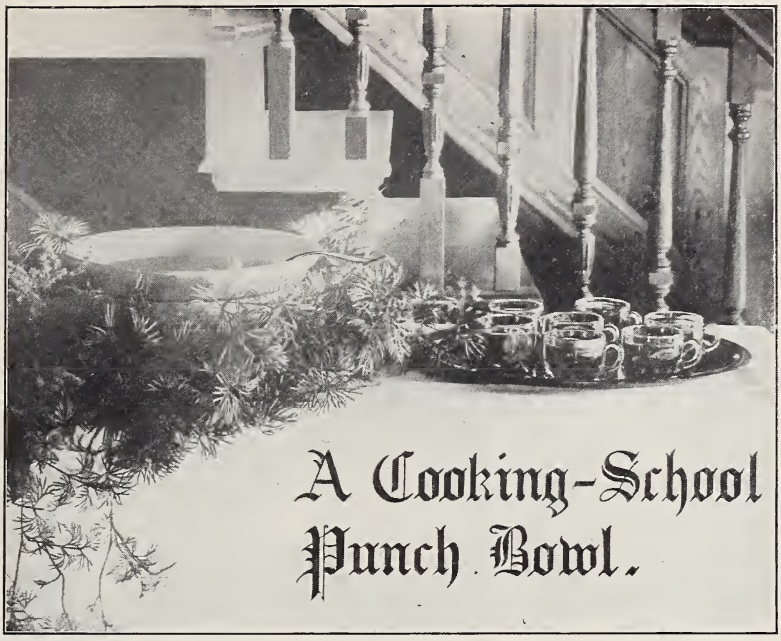
The meaning of all this is plain. People want independence, the safeguarding of individual rights, fair, honest dealing in private and public affairs, and an equitable share of the increment of wealth produced so largely by their labor.

The present is called an era of good times, which in many respects is true; and yet the cost of living, in time of peace, was never so high. In the midst of great plenty the price of staples is advanced. Fifty cents a ton is added to the price of coal for no other apparent reason save that of unrighteous greed. In all parts of the world to-day people are becoming conscious that only "they have rights who dare maintain them."

> New occasions teach new duties,
> Time makes ancient good uncouth :
> They must onward still, and upward,
> Who would keep abreast of truth.

"Who gets most for his money? Probably the one whose senses are in good working order, whose sensitive nature is attuned to the beauty and harmony of the outer world, and who has time and inclination to study things at first hand in the open air."

"The pity of it is that, so far as we are concerned, most of the beauty of this world goes to waste. We have no time to look at it and to enjoy it."



Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Small Shrimp Patties (Cold Hors d'Œuvre)

Have, baked and cold, puff-paste patties, not more than an inch and a half or two inches across. Fill these with a mixture of equal parts of shrimps, capers, olives, or gherkins, truffles, and celery, cut in one-eighth an inch cubes, and mixed with enough mayonnaise dressing to hold them together. Use paprika, generously in the dressing. Sprinkle the top with fine-chopped pimento, sifted yolk of egg, or fine-chopped truffles. Serve on small plates and paper doilies.

Cream of Salsify or Oyster Plant Soup

Scrub six salsify roots thoroughly. Cut off the tops, and let stand in cold water until ready to cook, then cook in boiling salted water until tender. Peel, and then press the roots through a ricer or sieve. Put the pulp at once with a pared onion, gashed a little, and a sprig or two of parsley into a double boiler with a pint of milk, and let stand over the fire until needed. Melt one-third a cup of butter. Cook in it one-third a cup of flour, one teaspoonful of salt, and half a teaspoonful of paprika. Then add one quart of milk, and stir until the sauce thickens and boils. Then add the salsify and milk from the boiler, and, when again boiling, press through a fine purée sieve. Reheat, and stir in the beaten yolks of two eggs, mixed with one cup of cream. Finish with the whites of the eggs, beaten dry, and dropped by spoonfuls

onto the soup poured into the tureen. This is a particularly delicious soup,

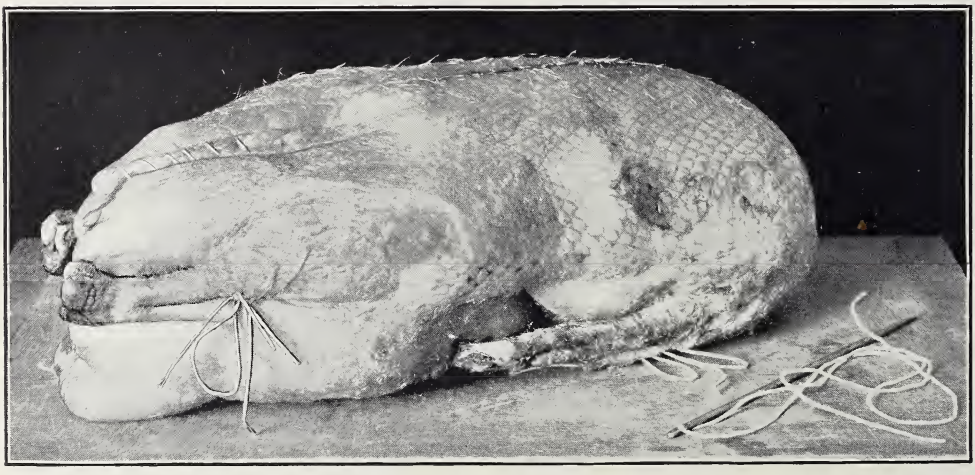


Cream of Salsify or Oyster Plant Soup

even without the addition of the cream and egg.

Roast Goose

Scrub the outside of the goose thoroughly. A new, small, five-cent brush is good for this purpose. Rinse outside and in. Dry thoroughly with a cloth, then rub the inside with salt and pepper. Also rub the inside with an onion cut in halves, and sprinkle with powdered sage, if desired. Fill with stuffing or cook without stuffing, as fancy dictates. Cut off the neck bone on a line with the wing and breast bones, but without cutting the skin; fold the neck skin down over the back,



Goose Trussed for Roasting

and fasten it in place with a trussing needle threaded with twine. Run the needle through one wing, the skin

folded over the back, the other wing, and back the same way to the first wing, where a knot is made. Leave a stitch nearly an inch in length on the back and also on the second wing. When the goose is cooked, the latter stitch is cut, and the string drawn out by the knot. Sew up the opening made in dressing the fowl. Run the threaded trussing needle through the leg and body, and out through the opposite leg. Return the needle in the same way, leaving a stitch nearly an inch long on the outside of the leg. Plan to have the needle come through about an inch from the point of entrance, and tie the thread in a knot. If the goose be not more than five or six months old, it may be roasted. If older, it is usually better to steam or parboil it about two hours, then dredge with flour and salt, and cook in the oven about an hour, basting every ten minutes with dripping, salt-pork fat, or melted butter. The goose is done when the joints separate easily. Serve with apple or gooseberry sauce. The goose shown in the illustration, is nearly one year old, and is stuffed with prune stuffing. The dish is garnished with rings of apple, cooked tender in syrup holding cooked prunes, sprinkled with chopped pistachio nuts. The leg and wing bones are covered with paper frills.

Prune Stuffing for Roast Goose

Soak one-fourth a pound of prunes over night in cold water. Drain, cover with boiling water, and cook until nearly tender. Blanch one cup of rice, add the prune juice and water to make about three cups in all, also a teaspoonful of salt, and cook until the rice is tender. Add the prunes, stoned and cut in pieces, a dozen French chestnuts, blanched, boiled, and cut in pieces, half a cup of butter, half a teaspoonful of paprika, and cinnamon, if desired. Mix thoroughly, and it is ready to use. The recipe for stuffing, given in the November magazine, for roast pig is suitable for roast goose also.

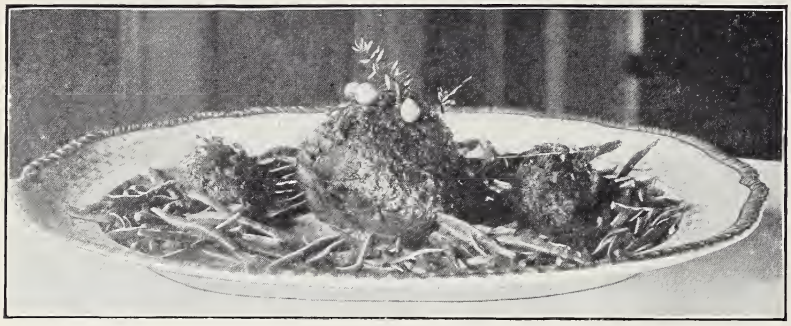


Roast Goose: Rings of Cooked Apples with Cooked Prunes and Chopped Pistachio Nuts

Chicken en Casserole, Spanish Style

Separate a fowl into pieces at the joints. Chop fine an onion and about an ounce of ham. Melt one-fourth a cup of butter in a frying-pan. In this brown the pieces of fowl, removing them as cooked to the casserole. Then brown the onion and ham in the pan, and add these to the casserole with

one quart of hot, white broth or boiling water, one pint of hot, stewed tomatoes, one cup of rice, boiled five minutes, drained, rinsed in cold water, and drained again, a teaspoonful of salt, and one green pepper pod, freed from seeds and sliced. Cover the dish closely, and let simmer in the oven or on top of the range an hour and a half or longer, according to age. Add more salt before serving, if needed.



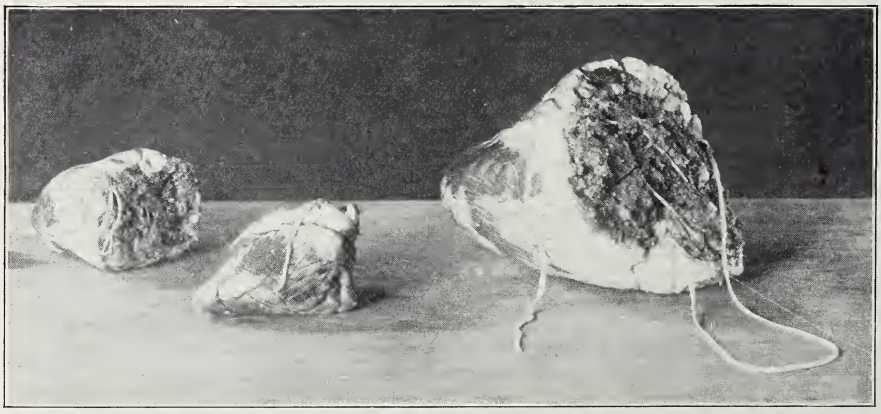
Stuffed Veal and Lamb Hearts with Stringless Beans

Veal or Lamb Hearts, Stuffed

Wash and cleanse the hearts. Wipe dry, and fill the cavities with bread dressing. Draw the sides together at the top with a needle threaded with twine, to hold in the dressing. Set on a rack in a steam kettle, and cook about three hours, then dredge with flour, salt, and pepper. Cook in the oven about half an hour, basting three or four times with bacon or salt-pork fat. Serve hot, surrounded with buttered string beans or peas (canned this season) or with tomato sauce. To serve, begin at the pointed end, and cut in thin slices. Serve, also, cold, with salad, cut in cubes, in cream sauce, or with potatoes, green peppers, and bacon as hash.

Brussels Sprouts with Cream

Pick over the sprouts, removing imperfect leaves. Let stand in cold water in which a tablespoonful of salt has been dissolved for an hour or more, then skim from the water, and set to cook in plenty of boiling salted water. Let cook until tender, about fifteen minutes, then drain and turn into a saucepan containing nearly a cup (for a quart of sprouts) of thick cream,



Hearts Stuffed and Trussed for Baking

scalding hot. Sprinkle with salt and pepper, and turn over and over in the cream, then pour into the serving-dish. A very thin (one level tablespoonful of flour to a cup of milk) white sauce may replace the cream. To this latter sauce beat in two tablespoonfuls of butter just before adding the sprouts.

Artichoke Bottoms with Spinach Quenelles

Vegetable Entrée for Dinner or Luncheon

Chop very fine boiled spinach. For three-fourths a cup of the prepared spinach melt two tablespoonfuls of butter in a saucepan. Add two tablespoonfuls of flour, one-fourth a teaspoonful of salt, a dash of paprika, and half a teaspoonful of sugar, and cook until well yellowed. Then add a tablespoonful of cream and the hot spinach. Stir and cook until the boiling-point is reached, then remove from the fire, and beat in, one at a time, two eggs. Butter as many table or dessert spoons as will stand side by side in a frying-pan of boiling salted water. Fill these with the spinach mixture, letting it round a little on top. Set them into the water, and let simmer until the mixture is firm. Remove from the spoons with care, drain on a cloth or in a colander, and set one upon each artichoke bottom, made hot in well-seasoned broth and drained. Pour over the whole a cup of Hollandaise sauce, and garnish each quenelle with a slice of hard-cooked egg.



Artichoke Bottoms with Spinach Quenelles

Hollandaise Sauce

Let one-fourth a cup of vinegar and six or eight pepper-corns stand over the fire until the vinegar is nearly evaporated, then add a tablespoonful of cold water and the beaten yolks of three eggs. Beat thoroughly, then add two tablespoonfuls of butter, and set the saucepan into a dish of hot water. Beat and stir thoroughly, adding a tablespoonful of butter at a time, until



Fillets of Lamb with Artichoke Bottoms

half a cup in all has been used. Finish with a tablespoonful of lemon juice and salt and paprika to taste.



Artichoke Bottoms, St. George Style

Fillets of Lamb on Artichoke Bottoms

Have half a cup of carrots cut in figures or juliennes, also half a cup of bits of onion. Put these over the fire with two or three tablespoonfuls of butter, cover and let cook very slowly, stirring occasionally until they begin to be tender, then add one-fourth a pound of small mushrooms, nicely peeled. Add more butter, if needed, and let cook about five minutes, then add half a cup of lean, cooked ham, cut in small squares. Let cook five minutes, then add half a cup of white stock and half a cup of glaze, or, if glaze be not at hand, use a second half cup of stock. When the whole is very hot, stir in very gradually, little by little, three tablespoonfuls of butter. Do not add the butter until the moment arrives when the sauce is to be poured over the finished dish. Have ready, broiled, six small rounds (noisettes), cut from a loin of lamb, also six artichoke bottoms removed from a can, and made hot in white stock. Drain the artichoke bottoms, set a round of lamb on each, and pour over the sauce seasoned to taste with salt and pepper. Serve as an entrée at dinner or luncheon. (A noisette of lamb is the "eye" of a chop, or the solid piece of meat on one side of the bone.)

Artichoke Bottoms, St. George Style

Cold Entrée for Dinner or Luncheon

Cut heart stalks of celery in thin (less than one-fourth an inch) slices, and cut these slices, according to size, into two or three bits. Cut cooked chicken breast in similar pieces. Take one cup of each. Season with salt and pa-



Oyster Plant or Salsify Salad. Page 241

prika, also, if an acid taste is desired, a tablespoonful of lemon juice. Mix thoroughly, then add three rounding tablespoonfuls, each, of mayonnaise dressing and aspic jelly just on the point of setting. Set the dish containing the ingredients in a pan of ice and water, and mix thoroughly, while the mixture begins to set. Have ready a can of artichoke bottoms, drained, thoroughly seasoned with salt, paprika, oil, and lemon juice, and chilled. When the celery and chicken mixture begins to set, dispose it on the artichoke bottoms, rounding it to a dome shape and making it perfectly smooth with a silver knife. Press blanched pistachio nuts, split in halves, on the sides, with a few chopped nuts on the top and around the line where the mixture meets the artichoke. As soon as the nuts adhere to the surface, pour over the whole a little half-set aspic jelly, and let stand in a cold place until ready to serve. The quantity of salad indicated will fill eight or ten artichoke bottoms. Truffles or hard-cooked egg may replace the nuts, and egg or nuts the chicken.



Apple Pie decorated with Cream and Cheese

Oyster Plant or Salsify Salad

Scrub the salsify, and cook, without removing the skin, in boiling salted water until tender. Peel and cut in thin slices. Season with salt and pepper, cover and set aside to become cold. For a pint of sliced salsify take six tablespoonfuls of oil, and gradually beat into it four tablespoonfuls of lemon juice or three of vinegar, and about half a teaspoonful of onion juice. When thoroughly mixed, pour over the chilled salsify. Turn the slices over and over until they have taken up the dressing, and set aside until ready to serve. Serve on heart leaves of lettuce, also dressed with oil vinegar, salt, and pepper. Garnish with figures cut from thin slices of pickled beet.

Apple Pie Decorated with Cream and Cheese

Make an apple pie after your favorite recipe. Have ready a cream cheese, pressed through a ricer, and a cup of double cream, beaten solid. Cut and fold into the cheese as much of the cream as it will take up. Add also a few grains of salt. Pipe the mixture onto the top of the pie in any pattern that suits the fancy. Serve as dessert at luncheon or dinner.



Cheese Cutlets. See page 242

Cheese Cutlets

Melt two tablespoonfuls of butter. Cook in it four level tablespoonfuls of cornstarch, one-fourth a teaspoonful, each, of salt and paprika. Then add one cup of rich milk or thin cream, and stir and cook until the mixture thickens. Then stir in half a cup or more of grated cheese, sage or Parmesan, and one cup of mild American factory cheese, cut in tiny cubes. Mix thoroughly, adding more salt and paprika, if needed, then spread in buttered cutlet moulds or shape with the hands into cutlets. If moulds are used, remove the mixture while it is still warm. "Egg-and-bread crumb" the cutlets, and fry in deep fat. Serve for luncheon or supper, with bread and butter and with or without a green salad.



Nesselrode Pudding

Apples Baked with Almonds

Dessert for Luncheon or Dinner

Core and pare six tart apples. Let simmer in a cup and a half, each, of sugar and water, boiled to a syrup until tender. Turn the apples often, and watch carefully, to keep them whole. A little lemon juice will improve the flavor of some apples, or, if the cut side of a lemon be rubbed over the apples as they are peeled, it will keep them white during the cooking. Set the tender apples in an *au gratin* dish, and press into them blanched almonds, split in halves. Dredge the apples and nuts with sugar, and set into the oven to become delicately browned. Serve hot with jelly and whipped cream, one or both.



Apples Baked with Almonds

Nesselrode Pudding

Shell and blanch, at the same time, enough French or common chestnuts

to fill a cup. Cook these until tender in boiling water, then drain, mash, and, finally, press through a fine sieve. Blanch half a cup of almonds. Chop fine, then pound them in a mortar. Select three-fourths a cup of mixed fruit,—candied cherries, pineapple, ginger, citron, raisins and currants. Boil the raisins and currants in water to cover until tender, drain, add the other fruit, cut in pieces, and pour over the whole two or three tablespoonfuls of sherry wine and one-fourth a teaspoonful of vanilla extract. Boil one cup of sugar and one-fourth a cup of water to a syrup. Let cool slightly, and pour in a fine stream on the yolks of three eggs, beaten light. Stir and cook over hot water until the mixture thickens a little, then beat until cold. Add one cup of cream, the almonds and chestnuts, and press through a very fine sieve. Then freeze as any ice-cream. Take out the dasher, beat in the fruit, and put the mixture into a mould. Pack in ice and salt, using four measures of the former to one of the latter. Let stand an hour or more. When unmoulded, sprinkle with chopped pistachio nuts, and finish with two or three cherries. Serve with whipped cream, sweetened and flavored before whipping.

Chestnut Cup

Have ready vanilla ice-cream, plain cream, sweetened and flavored to taste and beaten firm, and chestnuts cooked in vanilla or lemon syrup and then cut in slices. Dispose the chestnut slices, with a little syrup, in the bottom of sherbet or other glasses. Put in a spoonful of ice-cream and then a little whipped cream.

Christmas Plum Pudding

Chop fine half a pound of beef suet. Mix with it half a cup of flour, sifted with a teaspoonful, each, of mace, cinnamon, and nutmeg. Then add half a pound, each, of sultana raisins or large raisins, seeded and cut in halves, and cleaned currants, one-fourth a pound of citron, cut very fine, half a cup of sugar, preferably brown, and one cup and a half of fine, soft bread crumbs, and mix together thoroughly. Beat three eggs until very light and thick. Add half a cup of cream or rich milk, and use to mix the whole to a dough. The mixture should be quite stiff, but a little more milk or two or three tablespoonfuls of sherry wine or brandy may be required. Steam six hours. Serve with hard or liquid sauce, or with both.

Hard Sauce

Beat half a cup of butter to a cream, then gradually beat in a cup of sugar. When very light, beat in gradually the white of one egg, beaten dry, and a teaspoonful of vanilla extract, or one or two tablespoonfuls of sherry wine.

Christmas Fig Pudding

Chop fine half a pound of beef suet. Mix thoroughly with one cup of flour, then add a pound of figs, chopped fine, one cup of brown sugar, rolled smooth, and a section of candied orange peel, simmered in syrup and chopped fine. Mix all together thoroughly. Pass through a sieve, together, two cups of sifted flour, two level teaspoonfuls of baking-powder, half a teaspoonful of salt, one-fourth a teaspoonful of cloves, half a grated nutmeg, and half a teaspoonful, each, of cinnamon and mace. Then sift again into the other ingredients, and mix the whole together thoroughly. Beat two eggs, add half a cup of sweet milk, and stir into the dry ingredients to form a stiff dough. Turn into a buttered mould, and steam six hours. Serve with hard or liquid pudding sauce.

Menus for a Week in December

In the seasoning of dishes the American cook, as a rule, uses too much pepper and English sauces. An overdose of condiments kills the finer tastes.—*Chef of the St. Regis, New York City.*

SUNDAY

Breakfast

Baked Apples, Cream.
Bacon. Parker House Rolls.
Coffee.

Dinner

Ribs of Beef, Roasted.
Whole Potatoes Fried in Deep Fat.
Spiced Currants.
Braised Celery.
Squash Pie.
Coffee.

Supper

Oyster Stew (Chafing-dish).
Celery-and-Pineapple Salad.

MONDAY

Breakfast

Toasted Boston Brown Bread in Cream Sauce with Cheese.
Baked Potatoes. Bacon Broiled in Oven.
Coffee.

Dinner

Soup.
Cold Roast Beef, Sliced Thin.
Escaloped Potatoes.
Baked Squash.
Rice Pudding with Raisins.
Coffee.

Supper

Stewed Lima Beans (Dried).
Entire-wheat Bread and Butter.
Cereal, Milk. Cocoa.

TUESDAY

Breakfast

Roast Beef-and-Potato Hash.
Horseradish or Worcestershire Sauce.
Corn-meal Mush, Fried.
Coffee.

Dinner

Salt Mackerel, Boiled, Egg Sauce.
Boiled Potatoes. Boiled Cauliflower.
Mince Pie. Cheese. Coffee.

Supper

Rice Cooked with Tomato, Broth, and Cheese.
Lettuce-and-Lima Bean Salad.
Graham Bread and Butter.
Tea. Cocoa.

WEDNESDAY

Breakfast

Cereal.
Sausage. Apple Sauce.
Buckwheat Cakes.
Coffee.

Luncheon

Cream-of-Celery Soup, Browned Crackers.
Apple Pie.
Coffee.

Dinner

Broiled Beef Tenderloin, Maître d'Hôtel Butter.
Saratoga Potatoes.
Creamed Salsify. Lettuce Salad.
Coffee Bavarian Cream.
Tea.

THURSDAY

Breakfast

Hominy, Cream.
Baked Sweet Apples.
Broiled Ham, White Hashed Potatoes.
Doughnuts. Coffee.

Luncheon

Baked Beans, New York Style. Cole Slaw.
Rye Bread and Butter.
Coffee Jelly, Whipped Cream.

Dinner

Broiled Tripe.
Baked Potatoes. Scalloped Tomatoes.
Baked Indian Pudding, with Sweet Apples.
Vanilla Ice-cream.
Coffee.

FRIDAY

Breakfast

Hot Cereal. Bananas.
Fruit Buns.
Coffee.

Dinner

Fish (Fresh or Salt) Chowder. Pickles.
Tomato Jelly. Cheese Cutlets.
Baked Apple Tapioca Pudding.
Coffee.

Supper

Baltimore Samp, Cream, Maple Sugar.
Dried Beef. Graham Bread.
Tea. Cocoa.

SATURDAY

Breakfast

Cereal. Bananas.
Broiled Ham.
Creamed Potatoes.
Rice Griddle-cakes.
Coffee.

Dinner

Boiled Leg of Lamb.
French Turnips, Hollandaise Sauce.
Boiled Potatoes. Celery, French Dressing.
German Apple Cake, Hard Sauce.
Tea.

Supper

Macaroni Milanaise.
Canned Fruit.
Bread and Butter.
Tea.

Economical Menus for One Week in December

"The sedentary man must not eat the dinner of the active, robust man."

SUNDAY

Breakfast

Crisp Rolls (Reheated). Marmalade.
Coffee.

Dinner

Cream-of-Celery Soup.
Roast Spare Ribs.
Mashed Potatoes.
Cole Slaw.
Apple Tapioca Pudding, Milk, Sugar.
Tea.

Supper

Crackers. Cheese. Milk.
Apple Sauce.
Hot Cereal Coffee.

WEDNESDAY

Breakfast

Baltimore Samp, Molasses, Milk.
Bacon. Fried Potatoes.
Muffins.
Banana Coffee.

Luncheon

Cheese Cutlets or Cheese Pudding.
Toasted Muffins.
Stewed Tomatoes.

Dinner

Succotash (Canned Corn, Dried Beans).
Bread and Butter.
Steamed Suet Pudding (Figs or Dates).
Liquid Sauce.
Coffee.

MONDAY

Breakfast

Hot Cereal.
Finnan Haddie Cooked in Milk.
White Hashed Potatoes.
Doughnuts. Coffee.

Luncheon

Lima Beans (Dried), Buttered.
Bread and Butter.
Tea.

Dinner

Hamburg Steak, Broiled.
Scalloped Tomatoes. Baked Potatoes.
Nuts. Fudge.
Coffee.

THURSDAY

Breakfast

Cream Toast with Cheese
(Boston Brown or Graham Bread).
Hot Apple Sauce.
Doughnuts. Coffee.

Luncheon

Noisette Bread (Entire Wheat with Whole Filberts) with Butter.
Orange Marmalade. Banana Pie.
Cocoa.

Dinner

Veal Heart, Stuffed, Tomato Sauce.
Mashed Turnips.
Baked Sweet Potatoes.
Stewed Figs, Cream.
Cereal Coffee.

TUESDAY

Breakfast

Finnan Haddie au Gratin.
Yeast Rolls, Reheated.
Fried Mush. Coffee.

Luncheon

Cold Lima Beans, French Dressing.
Graham Bread and Butter.
Hot Coffee.

Dinner

Cold Spare Ribs, Baked Squash.
Baltimore Samp in Cream Sauce and Parsley.
Apple Sauce.
Chocolate Bread Pudding, Hard Sauce.
Tea.

FRIDAY

Breakfast

Baked Potatoes.
Smoked Halibut, Picked and Broiled.
Yeast Rolls, Reheated.
Coffee.

Luncheon

Canned Corn Chowder.
Hard Crackers. Pickles.
Oatmeal Macaroons.
Tea.

Dinner

Baked Fillets of Fish.
Fish Bechamel Sauce.
Scalloped Potatoes and Onions.
Apple Pie. Cottage Cheese.
Coffee.

SATURDAY

Breakfast

Sausage (Baked). Apple Sauce.
Buckwheat Griddle Cakes.
Cereal Coffee.

Luncheon

Kidney Bean Soup.
Croutons.
Mince Pie.
Tea.

Dinner

Cold Stuffed Heart, Sliced Thin.
Scalloped Cabbage.
French Fried Potatoes.
Apples Baked with Almonds.
Coffee.

Little Dinners for Christmas-tide

I

Jellied Consommé on Lettuce Leaves.

Fried Fillets of Fish. Tomato Mayonnaise.

Roasted Wild Duck, Hominy Croquettes *en Surprise* (Currant Jelly within).

Celery with Oil and Claret Vinegar.

Chestnut Cup.

Nuts. Bonbons. Coffee.

II

Cream-of-Salsify or Oyster-plant Soup.

Fried Oysters, Celery Mayonnaise.

Chicken Cooked en Casserole. Brussels Sprouts, Buttered.

Lettuce, French Dressing. Cheese Balls.

Plum Pudding, Egg-Nog Sauce, Frozen.

Orange Sherbet with Fruit.

Coffee.

III

Tiny Lobster Patties (Bouchées). Consommé Julienne

Baked Turbans of Fish, Hollandaise Sauce.

Roast Saddle of Young Pork.

Cress-and-Apple Salad.

Mashed Potatoes. Turnips in Bechamel Sauce.

Mince-meat Tarts. Quince Ice-cream.

Nuts. Bonbons. Coffee.

IV (*Chafing-dish*)

Clam Broth.

Chicken Soufflé, Mushroom Sauce. Saratoga Potatoes (Reheated).

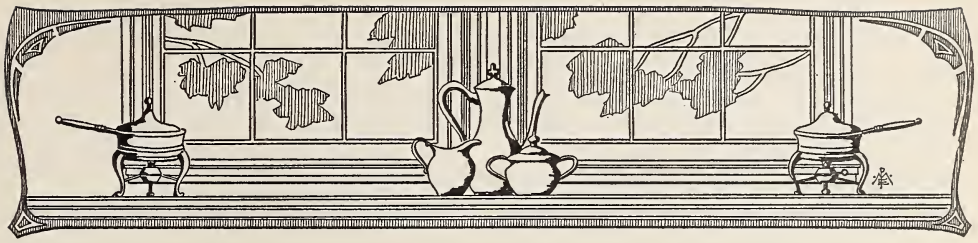
Yeast Rolls. Sweet Pickles. Currant Jelly.

Mayonnaise of Celery and Nuts.

Chestnut Cup.

Bonbons. Grapes. Nuts.

Coffee.



After Breakfast Chat

By Janet M. Hill

"A ravenous appetite is no dinner appetite."

"THE early dinner should be preferred to the late one, but nearly every evil may be averted by taking a good meat lunch in the middle of the day."

IT seems considerable of an effort—and possibly misdirected effort—to prepare three full meals for a family during the short days of winter. Still, if the hours of activity be not lessened, why cut down the number of meals? Then, too, at this season of all others, the time of meals, especially of the dinner, is a hard matter to adjust to the satisfaction of all the members of a family. Of dinner at night many things may be said in favor, but the bed-time hour needs be late to insure that digestion be well under way before sleep practically puts an end to the process.

A strong tendency seems to be abroad to reduce the substantial meals to one, and that to be taken at night, after bodily activity and the consequent need of food is over. Such a procedure in case of young folk is reprehensible, indeed.

Let the meal at night be dinner, if you will; but see to it that the food provided does not tax the digestive powers unduly. Also make sure that breakfast and luncheon be such that the needs of the body are amply provided for. Then, and only then, will the active, growing child eat at night with moderation. With the light dinner at night, youth, at least, demand a generous breakfast. School children, whose stomachs are empty by eleven in the morning, and have nothing but a meagre sandwich and apple between that hour and the six-o'clock dinner, have their food supply on the wrong side of the balance sheet. Such feeding is the main cause of nervous breakdown on the part of many school children. A properly fed youth may spend eight or nine hours at books with ever-increasing profit to health and morals.

Complying with several requests for something novel in the way of a Christmas entrée, we give in our recipes three dishes in which artichoke bottoms are used. These dishes will be in demand only by those in quest of novelties; for the fresh artichokes, imported from France, sell at not less than 35 cents each, and, for the dishes suggested, a whole one is needed for each service. Still, as the leaves are not called for in these recipes, it were quite as well to provide the canned bottoms, which come at about 50 cents per can. The can contains about six bottoms. If part of a can be "left over," these may be served at a later meal, cut in pieces, and dressed as a salad, or, mixed with a rich Bechamel sauce, as a filling for patty or Swedish timbale cases.

At this season choice vegetable en-

trées can be supplied at no great expense from cauliflower, Brussels sprouts, egg plant, and salsify. The simplest ways of cooking these are the best, except, occasionally, for variety. Hollandaise sauce with cauliflower, rich cream with Brussels sprouts, and cream sauce with salsify can rarely be improved upon. Cheese may be added to any one of these vegetables, when it is intended for the principal dish of the meal.

Hollandaise sauce proves troublesome to many a cook. Let such a cook remember that Hollandaise sauce and "boiled" custard belong to the same class of dishes; and, if she extend to the cooking of the sauce the same care that she exercises in the cooking of the custard, she will have no occasion to present a curdled Hollandaise. It is customary to begin with the beaten egg yolks; but these might be cooked in the hot water in the same manner as, in the custard, they are cooked in the milk, except that the butter needs be added, a tablespoonful or more at a time, as the cooking goes on. If the sauce should curdle, it may be gradually beaten into two tablespoonfuls of hot Bechamel or cream sauce. If this be done over hot water and with care, a perfectly smooth sauce results.

In the recipe, "fillets of lamb on artichoke bottoms," the vegetables and ham with the stock take the place of a sauce. Glaze, or rather demi-glaze, which is stock less reduced than glaze, is, for this dish, preferable to ordinary soup stock. By vigorous stirring, considerably more butter than the quantity given in the recipe may be beaten into the stock, to give a smooth, slightly thickened, and rich sauce.

The tomato mayonnaise served with the fried fillets of fish, in the first "little dinner for Christmas-tide," is a change from the stereotyped sauce tartare. Let the strained tomato cook until very thick. Then, when cold, beat enough of it into a thick mayonnaise dressing to tint and flavor to taste. Let stand in a cold place until ready to serve.

Among the economical dishes of considerable food value suggested in the menus, we commend Baltimore samp. One of the newer ways in which this may be served is in a tomato sauce with cheese.

The cheese cutlets shown in one of our illustrations contain no egg, save that used in the "egg-and-bread-crumbing" for the frying. The egg may be used, perhaps, to better advantage with the cheese, milk, and bread in the form of a savory pudding; but the change in the appearance and flavor of dishes cooked in deep fat is sometimes worth more than the loss in nutritive value occasioned by such cookery.

Fondant candies and frostings made of boiled sugar are quite universally attempted at this season. In all sugar boiling, when the syrup is undisturbed after boiling begins, to insure the thorough melting of the sugar before boiling begins, use cold water, and stir during the melting of the sugar. When the sugar is melted and just before boiling begins, wash down the sides of the saucepan, and add cream of tartar or other acid called for. Now cover the dish for three or four minutes, that the steam from the boiling syrup may melt any stray grains of sugar that have been thrown up on the sides of the kettle. Let the boiling be at a rapid rate and without moving the saucepan. In making fondant, when the right degree is reached, pour the syrup on to the platter or slab, set in a cold place.

The casserole shown on page 218 was designed and made by N. G. Wood & Sons, silversmiths and jewellers, 128 Tremont St., Boston.

Toothsome Daynties of Y^e^ Olden Time

By Alice Gibson

IT has always been supposed that our ancestors, even to the fourth and fifth generation, lived in ease and luxury; but most of us have no idea of the odd, delicious, and altogether delightful dainties upon which they were wont to feast. While everything was highly seasoned and very carefully prepared, the extravagance of the day seems to have been not so much in the quantity of rich material used as in a judicious mixture of just the right ingredients and those of the very best. The most frequent flavor for cakes and desserts of all kinds seems to have been a "cupful" of "wine, brandy, and rose-water"; and in the old-fashioned sweets this flavor was the crowning touch of elegance, making the simple little jumbles and seed cakes (accompanied by a glass of sherry or sack) fit to set before King George himself.

That even the homely vegetables were made use of in those days of hospitality and good cheer may be seen in an old recipe for

Carrot Pudding

Put to a Quart of Milch 6 Eggs a little rose water and Gill of Sack a little Nutmeg and Cinnamon beat^n^ 6 oz of Bisket grate the best Part of Carrot grated; ½ a lb of Sugar and Mix all well together and Set as before Y^u^W^n^ Cold put ½ a lb of Butter melted Thick put in a Dish buttered Puff paist about the Edges or not and bake in ½ an hour. Serve Hott with white Sugar over it.

Though the "best part of Carrot" seems very little for a whole pudding, which requires a "Quart of Milch" and six eggs, doubtless, when finished, the little vegetable was completely overwhelmed by all the other choice ingredients, which make this good "Hott Pudding." And, when we consider that, according to one old cook-book, you must "Always observe in All Puddings etc. to Strain the Eggs," a superfine sweet should result, even if a cabbage head had been the foundation.

Potatoe Pudding

Boyle the Potatoes very Well mash them With a Ladle put the Butter to Them and a little Cream Eggs rose water Spice Put in a Paist stick it with Citern and Bake It well.

This allows a great deal of latitude in the amount of "Potatoes Eggs rose water," but, when you "Stick it with Citern and Bake It well," you may be sure you will have a good pudding in spite of yourself.

If one wearies of vegetables as a dessert, grains or cereals may be used; and, for the modern "breakfast-food" fiend, what could be more suitable than this old recipe?

For a Baked Oatmell Pudding

Take 2 Quarts of Small oatmell and Sift it very fine and put 2 Quarts of Milch Boyling and take another pint of Milch which Mix with your Oatmell and when the other Boyles put it in by Degrees and Keep it Stirring as for a Hasty Pudding till it Thickens then take it of w^h^ Cold Melt a ½ lb of Butter thick and put to it with 8 Eggs Beaton half a lb of Sugar and 1 Nutmeg grated and Mix all well together and Bake it in a Crust with 2 ounces of Citern att top as for an Orange Pudding

Serve Hott w^th^ white Sugar Over.

The directions seem a little bewildering, after the resemblance to hasty pudding has been reached, but, if we remember that "take it of w^h^ Cold melt," etc., only needs a few commas

and a little different spelling to make it, "Take it off, when cold, melt," our oatmeal pudding will taste just as good to us as it did to the ancient squire whose good wife spent hours in her kitchen, superintending—nay, even mixing—it herself.

If the squire happened to be rich in land only,—in fact, as we say now, "land-poor,"—it would, no doubt, have suited him to eat this simple dessert called

Poor Man's Pudding

A 4 cent Loaf of Bread grated fine 1 lb of Raisons 1 lb of Browned Sugar 1½ a lb of Beeves Suet chopped fine Tyed in a Cloth and Boyled 3 Hrs

While no sauce is given, no doubt "a glass of Wine, Brandy and rose water" would be the foundation for an otherwise plain sauce, sweetened and further flavored with nutmeg and cinnamon.

Arrowroot evidently took the place of our cornstarch; and, while in these days we would wait until the pudding became cold before eating, "In Ye Olden Time" their haste to eat seems to have been as great as their haste to make this

Hasty Pudding

A Glass 3 parts full of Arrow root 2 Quarts of Milch 4 Eggs Take Milch enough to Thin the Root then Pour Eggs and Arrowroot together Boyl the remdr o Milch and Stir them in Ready for Use

Baked Apple Pudding

12 Vandiver Apples stewed very Fine 2½ a lb of Butter stirred in Whn Apples are near Cold Sugar to Yr Taste a Glass of Wine rose water and Brandy nutmeg and Cinnamon; 7 Eggs and 2 Handsful of Bisket grated very Fine.

For Chiscakes Super Fine

Take a Quart of Curd and bruise it well then Add 6 Eggs a little Sack rose water and a Few Jordon Almonds Blancht and beaton one nutmeg grated and 14 Ounces of White Sugar 2 ounces of Bisket grated and Mix all Well together then Add a lb of Butter Melted thick and ¾ a lb of Currants then shet Yr Hoops; with Golden puff Paist fill and Bake in half n hr with Citern att top The Sack almonds Bisket and Citern you may leave of if Yu will.

Although there are so many of these ingredients which "yu may leave of if Yu will," it seems a pity to make any change in such an odd recipe, which will surely make a very rich and indigestible "Chiscake" if followed to the letter, though it is hard to understand just what is meant by the sentence, "then shet Yr Hoops"; and the "Goldon puff Paist" does sound very light and flaky, whether it is used in the "Paist" or is baked first, the "Chiscakes" being poured in on the cooked crust. However, it will certainly make a most attractive dessert if the directions are carefully followed.

While most of us are well acquainted with "Whips," the following is very different from our syllabub, and would be quite ornamental at a pink or yellow luncheon, though it does seem as though the proper way to enjoy this "Whippe Sulley Bubb" would be to drink it, having first stirred in the white of the egg.

Whippe Sulley Bubbs

Take a pint of Creame and a Pint of white Wine fill Ye Glasses ½ full with white Wine and sweeten with Sugar yn fill up with Creame then beat the whites of 4 Eggs with a Wisk into a froth which Putt on the top of the Glasses Note for redd fill with redd Wine and for Amber Colord fill with Sack and Mix a little with the White of Egg.

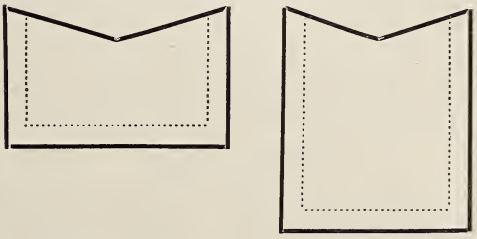


Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Xmas Suggestions

TO the girl who longs to be generous and has to be economical the coming of Christmas is not unmixed joy, and I want to give her the benefit of some of my experiences.

The very best foundation for inexpensive Christmas presents is a yard of butcher's linen, price thirty to thirty-five cents. Out of this one can get from six to sixteen gifts, according to size and the ingenuity of the designer. Turn-overs and collar and cuffs sets are in every one's thoughts, but here is a newer idea. Make your collar as usual, hemstitching the edges, then make a little hemstitched tab like this or this



Be sure to get sufficient shape where the tab and the collar join, or it will not fit properly. A wheel or a "spider" in the centre of the tab or at each of the lower corners adds greatly to its beauty, but in its simplest form this collar will be found universally becoming.

You can make endless doilies from your yard of linen. Cut them square, fringe, and double hemstitch, or cut them round, mark in scallops with a spool, and buttonhole either with heavy white mercerized cotton or with colored silk. I have just finished a set of six, two pink, two pale blue, and two light green. They really are very effective, and I am planning six more for some one else, two white, two yellow, and two pale green. You can cut them any size, according to your cloth. No housekeeper can have too many, and they are so conveniently sent by mail.

Then I cut a strip of linen twelve by six inches, embroidered my friend's initials on it with heavy cotton, folded it over, and made a bag six inches square, the open end fastened with two tiny buttons and buttonholes.

Then from some odds and ends of nainsook, left over from another gift of which I will tell you presently, I made a sachet just large enough to slip into the bag, perfuming it with five cents' worth of powder. This makes a very pretty sachet, and one which can be kept fresh and dainty, as the inner bag slips out so easily and the outside launders beautifully. I made another bag with the initials, but without the sachet, as a handkerchief case for a girl who travels a great deal. You will be surprised to find how far your yard goes, and the weave is so coarse that you can work on it by lamplight,—an important consideration for the girl who is busy all day.

A charming apron is made by putting four fancy handkerchiefs together to form a square. Sew a casing diagonally across the top handkerchief, run a ribbon through it for a belt, and the

upper half of the handkerchief forms a bewitching little bib. Of course, you understand that this apron is put on diagonally, with a point for the bottom and one for the bib.

But the achievement of which I am proudest is my embroidered chemise. When my dearest friend got engaged and began to fill a chest with dainty bits of lingerie, I longed to buy her a convent-worked chemise. I looked at them in several shops, and decided that they were far beyond my purse. So I bought two yards of nainsook at twenty-five cents a yard and four skeins of No. 50 embroidery cotton. I cut out the chemise by one of my own, sewed the seams by hand with the tiniest possible stitches, marked the neck and armholes with spool scallops, buttonholed, and cut them out. Then I worked a row of eyelets for ribbon one inch below the scallops and one and one-half inches apart. Finally, I drew her three initials, surrounded by a wreath, on the left side just below the eyelets, worked them with the same cotton, ran in pale pink baby ribbon, and there I had my chemise complete at a cost of seventy-three cents! ETHEL WILLIAMS.

***

I TAKE the liberty of sending a favorite recipe, trusting it will meet with your approval.

If you have never tried it, do so, and the delicious result will surprise you. It may also be eaten freely without fear of unpleasant after-effects, which same cannot be said of the ordinary plum pudding.

Sincerely,
HELEN L. SHERWOOD.

CARROT PUDDING

One pint of grated carrots, one-half cup of sugar, one cup of flour, one-half a teaspoonful of cloves, allspice, nutmeg (rounded), one teaspoonful of cinnamon, one-half a pound of raisins, one-half a pound of currants, one-half a cup of melted butter. Mix carrots, sugar, and butter. Add flour, spice, and fruit. Put in buttered mould, and let boil four hours. Dry in oven twenty minutes. Serve hot with liquid or hard sauce. Wine or lemon flavored preferred. No eggs, no wetting.

***

Giblet Canapes

USE giblets from chicken intended for dinner. Boil until tender with three slices from an ordinary-sized onion, and salt to season. When cold, mash to pulp or run through a nut-grinder. Mash or grind one dozen English walnuts or one-half cup of shelled peanuts. Mix thoroughly with ground giblets, adding lemon juice to taste. Spread on toasted bread. These make delicate sandwiches for company, late lunches, card parties, etc.

MAY E. MORROW.

***

My dear Mrs. Hill,—If it is not too late in the season, your readers may be interested to know of two variations in the art of jelly-making, such as they may not find in their cook-books. Also, I enclose a recipe for baked apples.

CURRANT JELLY

Follow any good rule for making currant jelly by first cooking the currants, putting through bag, boiling, adding sugar, and boiling to the jelly-point. But, after making the jelly from the juice which has dripped through the bag, take what remains in bag, put back in the preserving kettle, and nearly cover with water. Cook ten or fifteen minutes, then press through jelly bag, and proceed to make jelly as usual. One will find one has nearly double the amount of jelly from a given amount of currants. Moreover, it is almost impossible to

tell the difference between the best "dripped" jelly and the second best.

Spiced Crab-Apple Jelly

As crab-apple jelly may be considered somewhat insipid, a delightful and simple variation comes from making a part of the apples into spiced jelly. After the apples have been boiled down, put through strainer and jelly-bag, and are back in the kettle for final boiling, add vinegar to taste, and a small handful of cloves and stick cinnamon tied in a piece of muslin or cheese-cloth. Boil twenty minutes, and add an equal quantity of heated sugar, boil five minutes, skim, and turn in glasses. This makes a delicious jelly to serve with meats.

Apples Baked in a Bean Pot

Pare and quarter apples enough to fill a Boston bean-pot. Add a cup of brown sugar and a cup of water. Cook, with cover on, in a slowov en four or five hours. Apples of a deep red color and a most delicious flavor will result. Serve either as a relish or as a sweet with cream. F. G. P.

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CASHEW nut candy is one of the newest confections. It is one of the autumn novelties at a Philadelphia store devoted to delicacies and the best of standard foods. Cashew nuts grow at the end of a strange tropical fruit. These, preserved in a glass jar, are shown in the window, attracting many by their oddity.

The nuts are separated from the fruits by a hard and far from agreeable process of roasting. When finally ready for use, the nuts look like Brazil nuts, and are silvered in clear, amber-colored candy. This has very much the flavor of other nut candies.

We have had queens on thrones, and queens in our kitchens answering to the simple names of Mary and Elizabeth. Now these cognomens are applied to a new and expensive bonbon and chocolate. The five-dollar boxes have dainty trays, like tiny trunks, which are to be lifted out by white ribbon loops. Upon the cover is a miniature of a pretty woman and the signature "Mary Elizabeth," but it is not the fair and witching Mary Stuart, nor her red-haired rival, the death-dealing Elizabeth of English history.

Many a woman has found that wax flowers and macramé work and embroidery will not keep the wolf tied up in the back yard. While many women are supplying staple foods, bread, etc., and opening tea-rooms and luncheon places, others are making those unneeded but imperatively demanded luxuries, candy and pickles. One of the greatest candy firms in this country had its origin in the home-made candy a young widow made and started her little boys out to sell. Her sons' stores are established now in many cities, and thronged by fashionable patrons, who wish confectionery at high prices, instead of the home-made taffy and molasses candy made at the beginning some years ago.

No young girl is supposed to exist that does not feel that candy is essential to her very life. And, while many care more for athletics and less for novels and fancy work than did their mothers, the taste for sweets is unchanging. Even studious college girls are devoted to fudge. Who can tell what will oust this favorite of several years from the place of honor?

Julia Davis Chandler.

***

Dear Madam,—In reference to Query No. 1074, for spiced trout, in the November issue of your magazine, I would like to send a recipe which I have found superior to all others I have tried. I do not know whether it is permissible to send in a recipe. If not, it will help fill the waste-basket.

Spiced Trout

One cup of vinegar, one cup of water, one tablespoonful of sugar, one-half a teaspoonful of salt, a dash of paprika, one piece of bay leaf, one whole clove, six whole black peppers, one lemon, peeled and sliced thin, two slices of onion. Cook fish whole in this mixture (about thirty minutes for small fish). When cooked, turn fish into dish, either whole or broken in pieces, pour over liquid, and let stand several hours. J. W. G.

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Cost of Living in France

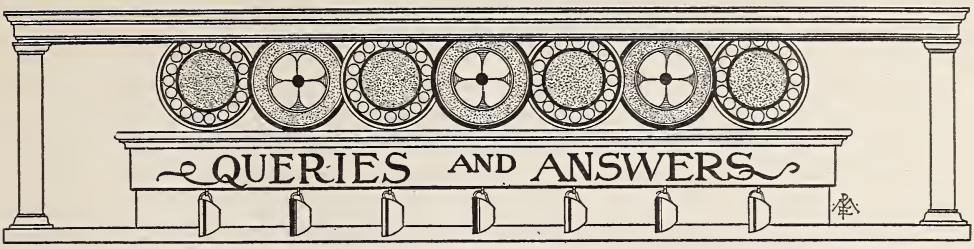
Dear Food Offset by Small Economies

The *Économiste Français* of Paris says that the cost of living abroad, especially in France, is a subject upon which wide variance of opinion exists. There is no doubt that the English, on the average, have one-third more to spend than the French, and, all things being equal, more money is earned in England than in France. Further, the cost of life in England is far less than in France. The contrary was true in former days, but now the high tariff in France and free trade in England have produced their results.

Butter in France costs 30 to 60 cents per pound, Swiss cheese 25 to 30 cents per pound, and fowls 30 to 50 cents each. Milk is 10 cents per quart, bread 4 cents per pound, and meat 30 to 50 cents per pound. Fruits, which are grown abundantly in France, cost twice as much as they do in England. Bananas and oranges, which Algiers exports by millions, cost 4 cents each. Coffee is 50 to 60 cents per pound, tea as much as $1.40 to $1.80 per pound, and sugar 10 to 12 cents per pound. Coal in Paris is worth $14 per ton, and in many houses heat is a great rarity. In London two boxes of matches are given for 1 cent, but in France each box costs 2 cents, and the matches are bad. Drugs are almost prohibitively expensive.

M. De Foville presents the balance sheet of four average families. The first family, with an income of $2,000 per year, represents a Parisian household,—father, mother, two children attending school, and a servant. The second family, with an income of $1,600, represents a provincial household, consisting of a father, mother, two children, and servant. The third family, with an income of $800, is a Parisian household, consisting of father, mother, a small child, and no servant; and the last is that of a workman's family at Rheims, consisting of father, mother, two children, five and ten years of age, the family disposing of a purse of $415 per year. The first family expends $1,744 of its income for actual living expenses, and has a balance of $526 for pleasures, doctors, and so forth. The second family expends $1,250, and has $350 left; the third, $667, and has a balance of $133; and the fourth, $320, with a balance of $95. In the case of the third family the food consists of coffee, bread, and butter for breakfast. At mid-day, meat, vegetables, and dessert. At four o'clock the mother and child have chocolate and bread, and at six o'clock there is a dinner of soup, vegetables, and dessert.

M. De Foville says that it "lies in the innate inclination, one might say the passion, for economy. With a few francs the little Parisian, who may be hungry many days during the year, is able to make herself a hat and frock which many wealthy women might well envy. And it is with the table as it is with the toilet. The art of utilizing the remnants is an art essentially French, whether the subject be ribbons or ragouts. The spirit of economy is as common in our country as it is rare in England. Fathers and mothers in France consider themselves the debtors of their children, and even the bachelors think they should leave something behind." N. E. Grover.



THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1075.—E. A. C., New York City: "Recipe for small, baking-powder biscuit and the method employed to have the biscuit come out of even size, regular, and attractive in shape."

Baking-powder Biscuit

Pass together through a sieve, three or four times, two cups of sifted flour, one teaspoonful of salt, and four level teaspoonfuls of baking-powder. With a knife or the *tips* of the fingers work in three or four level tablespoonfuls of shortening, then add about one cup of milk or water, or half a cup of each, a little in a place, and mix with a knife to a dough. Take out the dough onto a board lightly dredged with flour, turn with a knife until it is lightly floured, then knead slightly, and roll into a sheet a generous half-inch in thickness. Cut out with a round cutter, each time making a clean cut. Set the rounds in a shallow pan rubbed over with fat, so that they may just touch each other and completely fill the pan. Bake about fifteen minutes. To secure a nicely browned exterior, brush over the top of the biscuits with melted butter before setting them into the oven. For a soft, glossy crust, when nearly baked, brush over with starch, made by boiling two teaspoonfuls of cornstarch, mixed with a little cold water, in a cup of boiling water. Apply the starch two or three times, returning the biscuit each time to the oven for two or three minutes.

QUERY 1076.—Mrs. G., Portland, Me.: "What diet would be suitable for an adult troubled with a skin eruption, possibly eczema?"

Diet for Eczema

Thompson in "Practical Dietetics" says, in brief, eczema in a great number of instances is occasioned by one of three causes; namely, the eating of (1) too much food, (2) insufficient food, (3) improper food. In overeating the skin is called upon to eliminate waste products which are accumulated in the blood faster than they can be gotten rid of. Thus the glands of the skin are constantly overworked, and after a long time of irritation show the effects in an eruption. In this class of cases the remedy would be to reduce the quantity of food, which should be restricted to very simple articles. In bad cases of eczema it is recommended that the diet be restricted to bread and milk. From two to two and a half quarts of milk, with toast or crackers, may be taken daily. For less pronounced cases, relief may be secured by cutting off meat, pastry, and sweet dishes, for a time. In all cases where overeating or improper food is the occasion of the disease, meats and sweets are the objectionable articles. Meat should not be indulged in more than once a day, and it were well to take fish (not shell fish, salmon, or mackerel) on alternate days. Of cereal preparations, wheat or barley

is preferable to oatmeal, and light green vegetables, especially string beans, spinach, lettuce, and green peas, are preferable to potatoes (especially sweet potatoes), dried beans, squash, and the heavier vegetables. Tea and coffee are harmful, unless taken with great moderation. One troubled with eczema should avoid any food that will disorder or retard the process of digestion, and of course the articles to be refused will vary with the individual. In general, highly seasoned meats, soups, and sauces, preserves, hot breads of all kinds, fried foods, pastry, cake, cheese, apples, and bananas (uncooked), cabbage, and corned beef are not permissible.

QUERY 1077.—Mrs. ——, Attleboro, Mass.: "Recipes for coffee charlotte russe, chicken soufflé, chicken, creole style, and apricots with crusts and almonds."

Coffee Charlotte Russe

Soften an ounce (scant measure) of gelatine in half a cup of clear, black coffee. Scald three-fourths a cup of milk over hot water with a half-cup of sugar. Beat the yolks of two eggs, gradually add one-fourth a cup of sugar and one-fourth a teaspoonful of salt. Cook the egg and sugar in the hot milk until the mixture coats the spoon, stirring constantly meanwhile, then add the gelatine, softened in the coffee. Stir until the gelatine is dissolved, then set the dish into a vessel of ice and water, and stir constantly until the mixture begins to thicken, then "cut and fold" into it three cups of cream, beaten thick. A cup and a half, each, of double cream and "top milk" is satisfactory. When the mixture is stiff enough to hold its shape, turn it into moulds lined with lady-fingers.

Chicken Soufflé

Melt two level tablespoonfuls of butter. Cook in it two tablespoonfuls of flour, half a teaspoonful of salt, and a dash of paprika, then add one pint of milk or white stock or half of each. Stir and cook until smooth, and the boiling-point is reached, then stir in half a cup of fine, soft bread crumbs, the beaten yolks of three eggs, one pint of fine-chopped chicken, half a teaspoonful of onion juice, a teaspoonful of fine-chopped parsley, and a dash of celery salt or pepper, then "cut and fold" in the whites of three eggs, beaten stiff. Turn into a buttered dish, and bake surrounded by hot water until firm in the centre. Serve from the baking-dish, and with Bechamel, tomato or mushroom sauce. This may be cooked in the chafing-dish. Prepare the mixture in the blazer; fold in the whites of eggs, and set the blazer into the hot-water pan, cover, and let cook about twenty minutes, during which time the sauce may be made in a second blazer, and set over the bath until the soufflé is ready to serve.

Chicken, Creole Style

Melt three tablespoonfuls of butter. Cook in it one tablespoonful of chopped onion and two of chopped, green pepper. When these are softened and yellow, stir in three tablespoonfuls of flour and half a teaspoonful of salt. When the flour is absorbed, add one cup of chicken broth and half a cup of tomato pulp, stir until boiling, then add a teaspoonful of grated horseradish, a teaspoonful of lemon juice, and one cup and a half of cooked chicken, cut in half-inch pieces. Serve when thoroughly hot. Plain boiled rice or toasted bread may be served with this dish.

Apricots with Crusts and Almonds

Drain the apricots from a can, and reserve the syrup and half the apricots, selecting the choicest halves. Press the remainder of the apricots through a sieve. Add half a cup of sugar, and let simmer on the back of the range until reduced to the consistency of marma-

lade. Then add a tablespoonful of lemon juice, and set aside. Have rounds cut from stale bread. Sauté them in olive oil or butter, or toast them over the coals. Have ready about two dozen almonds, blanched and chopped. Put the syrup on a serving-dish, spread the rounds with the marmalade, sprinkle with the almonds, and dispose on the syrup. Set half an apricot on each round, and serve at once.

Query 1078.—H. J. W., Philadelphia, Pa.: "Suggestions for lunches to be carried to school by an active, healthy boy of ten who cannot eat sweets, as cakes, candies, and pies."

School Lunches for Boy of Ten

(*Manufactured Sweets excluded*)

I

Savory Custard (Chicken Broth, Bits of Chicken, Bits of Cooked Chestnut, Cooked Tapioca, and Egg), Cooked in cup.
Rye Bread and Butter.
Heart Stalks of Celery.
An Orange.

II

Cold Roast Lamb, Sliced Thin.
Ripe Olives.
Bread-and-Butter Sandwiches.
A Baked Apple.

III

Noisette Bread-and-Butter Sandwiches (Entire-wheat Bread Made with Filberts).
Dates, Washed, then Dried in Oven.
A Baked Apple.

IV

Two Parker House Rolls, Buttered.
One-half a Neufchâtel Cheese.
Two Baked Apples.

V

Two Eggs Cooked Twenty minutes just below 212° F.
Graham Bread and Butter.
Heart Stalks of Celery.
An Apple.

VI

Bread-and-Butter Sandwiches.
Hickory Nut Meats.
An Orange

VII

Cold Breast of Chicken, Sliced Thin.
Cole Slaw in Cup.
White Bread and Butter.
A Banana.

VIII

Rye Bread and Broiled Bacon Sandwiches.
Sliced Breast of Chicken.
Prunes Stewed without Sugar.

IX

Tomato Jellied, with Bits of Green String Beans in Cup.
French Dressing in Bottle.
Bread and Butter.

X

Two Cold Lamb Chops.
One Tablespoonful Fruit Jelly.
Bread and Butter.
Apple.

XI

Sliced Turkey, Saratoga Potatoes.
Two Baked Apples.
A Corn-meal Muffin, Buttered.

Query 1079.—O. E. M.: "Recipe for veal pot pie and a custard, rich and velvety, not watery."

Veal Pot Pie

Wipe a piece of veal from the shoulder, and cut it into pieces for serving. Add a half-inch strip of salt pork or bacon for each piece of veal. Cover with cold water, put over the fire, and bring quickly to the boiling-point. Then, after boiling five minutes, skim, and let simmer until the meat is tender. When nearly tender, add salt and pepper to season, and, if desired, potatoes, pared, parboiled five minutes, drained, rinsed in cold water, and drained again. Have ready a steamer of boiling water. On the rack, thoroughly buttered, place some rounds of biscuit dough. Let these cook fifteen or twenty minutes, covered closely, and without allowing the water to stop boiling. Serve the dumplings on the ends of the platter on which the stew is dished.

Dumplings

Pass through a sieve, together, two or

three times, two cups of flour, half a teaspoonful of salt, and three level teaspoonfuls of baking-powder. Mix to a dough with about one cup of sweet milk. Then pat into a sheet, and cut into rounds.

Rich and Velvety Custard

Custards are compositions in which lightly cooked milk and eggs predominate. In custard of the first quality, nothing else save sugar, salt, and flavoring is added. In preparations of inferior quality, starchy material takes the place of a part of the egg. Custards are of two main characteristics, firm or liquid. Firm custards are cooked while standing undisturbed in hot water. Liquid custards are stirred during the entire process of cooking, the dish holding the ingredients standing meanwhile in hot water. In both cases the heat of the water surrounding the mixture must be below the boiling-point. Custard is properly cooked when the egg is "set" by the heat just enough to insure a smooth, tender, jelly-like consistency throughout. A custard that curdles, wheys, or is watery and full of holes, has been cooked at too high a temperature. A firm custard is cooked, when, on touching the centre, it seems lightly set and somewhat firm. All custards become more solid on cooling. The degree of firmness depends upon the proportions of egg and milk. Four eggs to a quart of milk gives a firm custard, but one that needs be served from the dish in which it is cooked. Eight eggs, or preferably four whole eggs and eight yolks to a quart of milk, give a custard that, when cold, may be turned in perfect shape from the mould in which it was cooked. A firm custard is baked, set on a dozen or more folds of paper and surrounded with water at the boiling-point, when the dish is set into the oven. The water should not boil after the preparation is placed in the oven.

QUERY 1080.—Madame G. E. L., Montreal, Canada: "At what time of the meal should the appetizer, "lettuce leaves, Genoese fashion," given in the October magazine, be served? Would like a few menus for dinner without meat, also recipes for egg-nog sauce, parsley sauce, and civet de lièvre."

Time of Serving Lettuce Leaves, Genoese Style

This appetizer is served at the beginning of the meal and in place of raw oysters.

Dinner Menus without Meat

The substantial dish of the dinner, if the word "meat" is intended to include fish, needs be made up from one or more of the following articles: cheese, dried beans, peas and lentils, nuts, macaroni, eggs and milk. Such menus were given in the October, 1905, magazine. A few similar menus follow. If these be not what is desired, the subscriber will kindly write again and more explicitly.

I

Cream-of-Pea Soup.
Cauliflower Timbale, Hollandaise Sauce.
Delicate Indian Pudding. Vanilla Ice-cream.

II

Salsify Scalloped with Cheese.
Lettuce-and-Lima Bean Salad.
Entire-wheat Bread and Butter.
Sponge Cake. Canned Fruit with Cream.

III

Mocked Bisque Soup. Croutons.
Cheese Soufflé.
Apple-and-Celery Salad.
Baked Bananas, Currant Jelly Sauce.

IV

Tomato Bouillon (Onion and Sweet Herbs, no Broth).
Nut Croquettes.
Brussels Sprouts with Cream.
Mayonnaise of Dates and Oranges.
Apples Baked with Almonds. Whipped Cream.

Egg-nog Sauce

Beat the yolks of three eggs and one-fourth a teaspoonful of mace, or a grating of nutmeg, until light and thick.

Gradually beat in one-half a cup of sugar, and cook over hot water until slightly thickened. Then cut and fold in the whites of the eggs, beaten dry. Cook until the egg is "set." Then remove from the fire. When cold, add from one-fourth to one-half a cup of brandy and a cup of cream, beaten stiff.

Parsley Sauce (1)

Bruise and crush a cup of parsley leaves. Then let boil five minutes in a cup and one-fourth of water. Strain off the water, and let cool. Melt two tablespoonfuls of butter. Cook in it two tablespoonfuls of flour and one-fourth a teaspoonful, each, of salt and paprika. Also a grating of nutmeg, if desired. When frothy, stir in the parsley water. Let boil once, then finish with the yolks of two eggs, a tablespoonful of fine-chopped parsley, half a tablespoonful of lemon juice, and one-fourth a cup of butter, added in little bits and beaten in thoroughly.

Parsley Sauce (2)

Put one cup (lightly measured) of fine, soft, white bread crumbs and half a cup of fine-chopped parsley (lightly measured) over the fire in a pint of broth. Add a scant half-teaspoonful of salt, a dash of pepper, and cook and stir until smooth and very hot. Beat in two tablespoonfuls of butter and a tablespoonful (scant) of lemon juice and serve.

Civet de Lièvre (Brown Stew of Hare)

Cut the hare, neatly wiped and dried, into pieces, at the joints. Cook these in about one-third a cup of butter until nicely browned. Pour over them three cups of well-flavored-and-seasoned brown stock, and stir until the broth boils, to remove any glaze in the pan. Then turn the whole into an earthenware jar or casserole. Put in also an onion, into which six cloves have been pushed, the thin yellow rind of a lemon, and one glass of port wine, also salt and pepper, if needed. Cover closely, and set the jar in a moderately heated oven. Let the contents simmer from three to four hours. In the mean time chop the liver fine. Mix it with half a cup of fine, soft bread crumbs, two tablespoonfuls of melted butter, a teaspoonful of fine-chopped parsley, a grating of lemon rind and a teaspoonful of juice, a teaspoonful of powdered sweet herbs, and a little salt and pepper. Then stir the whole into an egg, well beaten. Shape the mixture into small balls. Fry them in butter, and add to the dish just before serving. Serve currant jelly in a dish apart.

Query 1081.—M. L. H., Redlands, Cal.: "What are soup biscuit, soup bags, sweet herbs, and hot dates, spoken of in menus and recipes published in *Boston Cooking-School Magazine*? Recipes for scalloped sweet potatoes made with milk or cream, but no sugar, and German potato pancake, to serve with braised beef."

Soup Biscuit

Soup biscuit are a small square cracker (size about an inch), sold under the above name. They are quite brown, and look quite different from an oyster cracker.

Soup Bags

Soup bags are sold in boxes holding one or two dozen each, at twenty-five cents per box. "A bag" is a bit of cheese-cloth holding assorted sweet herbs and spices, to be dropped into a kettle of soup. The herbs are well selected, and the flavor they give a soup is much finer than can be secured by the use of such herbs as a cook may have at hand.

Sweet Herbs

Sage, marjoram, thyme, summer savory, basil, etc., are among the more common herbs classed as sweet. There

are stores that make a specialty of dealing in these herbs. Some are home-grown and others imported. Such a store has been advertised in our columns. Consult back numbers of the magazine.

Hot Dates

Pour boiling water over dates, to remove germs or extraneous matter. Stir with a silver fork, then pick from the water on to an agate plate. Set the plate in the oven to dry off the dates. Such dates are now ready for any use.

Scalloped Sweet Potatoes

Butter a baking-dish that can be sent to the table. Into it cut, in thin slices, pared sweet potatoes to fill nearly to the top, sprinkling them occasionally with salt and pepper and dotting here and there with bits of butter. Pour in rich milk to fill nearly to the top of the potatoes. Cook in the oven about two hours, having the dish covered during the first part of the cooking.

German Potato Pancake

In a hot, well-oiled frying-pan grate enough boiled potato, either hot or cold, to cover the bottom of the dish to the depth of half an inch. Dredge very lightly with salt, then pour over a batter made of one cup of flour, two level teaspoonfuls of baking-powder, one-fourth a teaspoonful of salt, two eggs, and about a cup of milk. Use enough of the batter to cover well the potato. When the pancake is full of bubbles and browned beneath, turn and brown the other side.

Query 1082.—L. E. W., Toledo, Ohio: "Kindly give explicit directions as to the details of a home wedding where the bride is a young widow. The service is to be performed by an Episcopal clergyman. The house is large. Invitations will be extended to fifty guests, relatives of the bride and groom and of the first husband."

Home Wedding

At a home wedding the mother and sisters, or nearest female relatives of the bride, receive the guests. The father of the bride does not appear until he enters the room with his daughter. A room is set apart for the use of the clergyman, the bridegroom, and the best man. At the appointed hour the clergyman comes in, and faces the company. He is followed by the bridegroom and best man, who take their places at the left of the clergyman. Two ushers, at the same time, mark off an aisle with white ribbon. Generally the aisle runs from the foot of the stairway to the place where the clergyman is standing. Sometimes children standing beyond the clergyman and the bridegroom are given the ends of the ribbon to hold. These retire after the entrance of the bride. When the ushers have formed the aisle, they walk to the end of it, turn, and precede (walking together) the matron of honor (if there be one) up the aisle. She, in turn, is followed by the bride and her father. Then the ushers roll up the ribbons, and the guests come forward. At the conclusion of the service the clergyman congratulates the bride and bridegroom, and retires. The wedded pair turn, and, facing the guests, are greeted first by their parents, then by more distant relatives and friends. These details do not vary much, whether it be a first or second marriage of the bride. Still, a second marriage should show much less elaboration than a first one. A traveling dress and hat, with gloves of appropriate color (not white), is usually selected for the wedding outfit.

A wedding breakfast properly follows a wedding at "high noon." A table large enough to seat those who form the bridal party—bride, groom, clergyman, maid (or matron) of honor, best man, and father and mother of the bride—and small tables at which the other

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The dainty cake,
The white and flaky tea biscuit,
The sweet and tender hot griddle cake,
The light and delicate crust,
The finely flavored waffle and muffin,
The crisp and delicious doughnut,
The white, sweet, nutritious bread and roll;—
Delightful to the taste and always wholesome.

Royal Baking Powder is absolutely free from lime, alum and ammonia.

There are many imitation baking powders, mostly made from alum and sold cheap. Avoid them, as their use is at the cost of health.

ROYAL BAKING POWDER CO., NEW YORK.

guests are seated is the favorite method of serving a breakfast. The menu consists of bouillon, fish, oysters or lobster in some fancy form, a meat entreé, as chicken timbales, game, or meat in aspic, salad, ices, cake, bonbons, and coffee. Or for a simpler menu serve bouillon, escaloped oysters, rolls, chicken salad, olives, ices, cake, and coffee.

A reception follows a wedding at one o'clock or after. Often nothing more than cake and ices are served from a prettily decorated table. If more is supplied, bouillon, creamed or scalloped oysters, croquettes of any kind, salads, sandwiches, punch, and coffee are among the articles usually chosen. No attempt is made to seat the guests. Several waiters are in attendance to remove soiled dishes, keep the table looking nice, bring in ices, and assist where they can. Gentlemen wait on themselves and the ladies in their charge. A table is not provided for the wedding party at a reception. Occasionally a wedding cake, holding thimble, ring, and coin, is cut by a bride at a reception or breakfast; but, by preference, a bit of wedding cake in boxes, upon the cover of which is a monogram, formed from the initials of the bride and groom, is given to each guest as they take their leave. Often the guests help themselves to these favors, the boxes being disposed on a table in the hall for this purpose. The wedding cake with thimble, etc., is always desirable at the dinner or luncheon given by a bride to her attendants a few days before her marriage.

A Modern Kitchen

While the modern kitchens are not nearly so large as the kitchens of our foremothers, they are far and away more convenient. Every foot of space is utilized. The plumbing is all open, with no spot where dust may cling and hide. In almost all well-appointed houses there are two ranges of wrought steel, one for coal and one for gas. In

Sound Sleep

Can Easily be Secured

"Up to two years ago," a woman writes, "I was in the habit of using both tea and coffee regularly.

"I found that my health was beginning to fail, strange nervous attacks would come suddenly upon me, making me tremble so excessively that I could not do my work while they lasted. My sleep left me, and I passed long nights in restless discomfort. I was filled with a nervous dread as to the future.

"A friend suggested that possibly tea and coffee were to blame, and I decided to give them up; and, in casting about for a hot table beverage, which I felt was an absolute necessity, I was led by good fortune to try Postum Food Coffee. For more than a year I have used it three times a day, and expect, so much good has it done me, to continue its use during the rest of my life.

"Soon after beginning the use of Postum I found, to my surprise, that, instead of tossing on a sleepless bed through the long dreary night, I dropped into a sound, dreamless sleep the moment my head touched the pillow. Then I suddenly realized that all my nervousness had left me, and my appetite, which had fallen off before, had all at once been restored, so that I ate my food with a keen relish.

"All the nervous dread has gone. I walk a mile and a half each way to my work every day, and enjoy it. I find an interest in everything that goes on about me that makes life a pleasure. All this I owe to leaving off tea and coffee and the use of Postum, for I have taken no medicine." Name given by Postum Company, Battle Creek, Mich.

There's a reason.

Read the little book, "The Road to Wellville," in packages.



Here's What We Do **21 Kinds**

For the Housekeeper in Soup-making:
We wipe out the disagreeable features;
Not just several, but all.
Think it over: No marketing, no bother, no preparation in

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We do all these things with perfect system and absolute cleanliness;
With high-grade skill;
With high-grade material;
With high-grade attention to detail.
Under such conditions, what do you get?
The best, in every particular, in conscientious condensation.
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"Just add a can of hot water and serve"



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Little Jack Horner sat in a corner,
Having the grandest time
With the finest treat that a boy could eat,
And it only cost a dime.

the smaller houses there is only the gas range, with a separate heater for the water tank. The hood over the range, which is used to carry off odors, although of a comparatively recent fixture here, has been in use in many European countries for centuries. The walls of the modern kitchen are finished with tiling or cheaper but equally sanitary cement. Indeed, enamelled cement has many advantages over the tiling, in that the beautiful glaze of tile will sometimes crack and fall off, leaving a spongy, porous surface. Vitrified brick is also handsome and sanitary. The floor of the new kitchen is of vitrified tile, laid in hydraulic cement. If the laundry is in the cellar (and the modern architect has a cast-iron rule that no washing shall be done in the kitchen), the stationary porcelain-lined tubs stand on a slightly raised wooden platform, to prevent the strain on the feet and ankles of the laundress.

The kitchen sinks are of enamelled earthenware, the waste trapped directly down to the drain, with all pipes nickel-plated and exposed.

The drip-board, as well as cook's table, is of maple. Marble, which has sometimes been advocated as the material *par excellence* for serving and cooking tables, is not to be desired. It stains readily, dissolves in some of the acids, and clogs with all kinds of oils. *Kansas City Star.*

In cleaning steel knives, a bit of pumice stone is better than almost anything else that can be used. It does not scratch the knives, as do many forms of "sand soap," and it is less disagreeable to use than brick dust, because it will not affect the finger-nails of the one using it.

Passing of Porridge

Makes Way for the Better Food of a Better Day

"Porridge is no longer used for breakfast in my home," writes a loyal Britain from Huntsville, Ont. This was an admission of no small significance to one "brought up" on the time-honored stand-by.

"One month ago," she continues, "I bought a package of Grape-nuts food for my husband, who had been an invalid for over a year. He had passed through a severe attack of pneumonia and la grippe combined, and was left in a very bad condition when they passed away.

"I tried everything for his benefit, but nothing seemed to do him any good. Month followed month, and he still remained as weak as ever. I was almost discouraged about him when I got the Grape-nuts, but the result has compensated me for my anxiety.

"In the one month that he has eaten Grape-nuts he has gained ten pounds in weight, his strength is rapidly returning to him, and he feels like a new man. Now we all eat Grape-nuts food, and are the better for it. Our little five-year-old boy, who used to suffer from pains in the stomach after eating the old-fashioned porridge, has no more trouble since he began to use Grape-nuts, and I have no more doctor's bills to pay for him.

"We use Grape-nuts with only sweet cream, and find it the most tasty dish in our bill of fare.

"Last Monday I ate four teaspoonfuls of Grape-nuts and cream for breakfast, nothing else, then set to work and got my morning's work done by nine o'clock, and felt less tired, much stronger, than if I had made my breakfast on meat, potatoes, etc., as I used to. I wouldn't be without Grape-nuts in the house for any money." Name given by Postum Company, Battle Creek, Mich.

There's a reason.

Read the little book, "The Road to Wellville," in packages.

Necco SWEETS

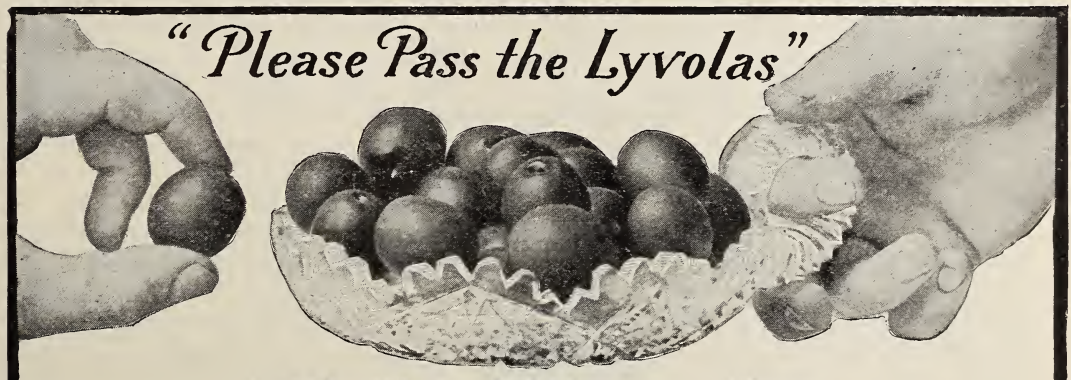
This is the mark that identifies pure confections. Not any kind in particular but all our confections in general. It is the new method of distinguishing all that is *pure*, *wholesome* and *satisfying* in candy. If you want sweets that will do you good, that are delicate in flavor and absolutely safe, look for the seal of Necco Sweets. For example, you will find it on

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Most tempting in their variety of delicious flavors—by far the most exquisite chocolates you ever tasted. Is this protection not a valuable thing for you? Try a box of Lenox Chocolates and learn for yourself the meaning of Necco Sweets. For sale by all confectioners and druggists.

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They will please the most jaded palate, and an invalid may eat them freely and with relish.

They are the **ripe** fruit from the sun-kissed olive trees of California. They are full of life-giving olive oil, absolutely pure, just as it comes from the refinery of nature. But the "olive oil taste" is entirely absent. They are delicious.

They are beautiful in color, rich in aroma, luscious to taste. They are a perfectly natural food for which the system yearns; **you do not have to cultivate a taste for them.**

LYVOLAS are the olives that yield the pure olive oil, the oil that builds up wasted tissue, and makes for health and strength. When you eat them you get your full quota of pure olive oil in a food that you can relish.

The world has known **ripe** olives since it has known man, but you have never eaten them unless you live where olives grow. LYVOLA Ripe Olives are the first successful attempt to give **ripe** olives to the people outside of the country where they grow. They are not the kind of olive with which you are familiar—the green, indigestible olive pickle of commerce; they are totally different, and infinitely better.

You cannot buy them of your grocer—the present supply is limited—but you can get them or **free descriptive booklet** from the **LYVOLA OLIVE COMPANY, Dept. K Rochester, New York.**

Packing Plant and Orchards, Los Angeles, Cal.

Book Reviews

A Self-supporting Home. By Kate V. Saint Maur. Cloth. 12mo. $1.50 net. New York: The Macmillan Company.

"A self-supporting country-home for persons whose income depends on personal effort within the heart of a great city will seem Utopian, unless I relate my personal experiences as to its practical value, which commenced ten years ago. Up to that time I had been a city woman, striving, like hundreds of others, to maintain appearances on a housekeeping allowance which needed coaxing over every little bump of hospitality, to induce the two ends to meet. Through all the petty warfare of bad times, one desire, one hope, was paramount,—a country home where plenty should make visitors an unalloyed pleasure. Chance, fate, Providence, or whatever name is preferred for the Power which shapes our ends, led me to the Pet Stock and Poultry Show; and there it suddenly occurred to me that, instead of waiting for the acquisition of fortune to realize the desire, the desire might be made to help acquire some of the fortune. It was such a comfortable, invigorating inspiration that enthused away all the obstacles suggested by a cautious husband; and his consent was won on condition that current expenses were not increased, or capital risked."

Hence follow the experiences of the author in leasing and conducting a country home,—"a dear old house of nine rooms, two cellars, a summer kitchen, barn, cow shed, small smoke-house, and twelve acres of land, five of which were covered with apple-trees." The tale is told in twelve chapters, one for each month of the year. Not every one could look for the same degree of success as is herein narrated, for not every one would have the same degree of patience, perseverance, and enthusiasm as the narrator of this sketch; but the experience of one woman points the way of relief and comfort to many a suffering household. "The Country House," "The Fat of the Land," "A Self-supporting Home," etc., are books that mark the tendency of the time to take us back to the soil, to the country, the farm, the forest, and all their delights and pleasures.

Pedagogues and Parents. By Ella Calista Wilson. Cloth. 12mo. Price $1.25. New York: Henry Holt & Co.

Every teacher and parent should read this book. It was written by a parent. Treatises on education are written mostly by pedagogues and bachelors. This homely treatise is a thoughtful, original, and often humorous criticism of modern methods in education; and it must be read to be appreciated.

The author quotes from the *Harvard Graduates' Magazine:* "The subject of education forces itself on us all nowadays, whether we will or not, and is likely to grow more rather than less insistent. For well-nigh a century we Americans pointed to our public-school system

To destroy disease germs and foul gases, the waste-pipes, sinks, closets, cellars, and every suspected spot should be regularly purified with

Platt's Chlorides

The Odorless Disinfectant.

Sold in quart bottles only, by druggists and high-class grocers. An illustrated booklet with valuable sanitary hints mailed free. Address HENRY B. PLATT, 42 Cliff Street, New York

CHILDREN TEETHING

THE BEST OF ALL AND

For over sixty years MRS. WINSLOW'S SOOTHING SYRUP has been used by mothers for their children while teething. Are you disturbed at night and broken of your rest by a sick child suffering and crying with pain of Cutting Teeth? If so, send at once and get a bottle of "Mrs. Winslow's Soothing Syrup" for Children Teething. Its value is incalculable. It will relieve the poor little sufferer immediately. Depend upon it, mothers, there is no mistake about it. It cures diarrhœa, regulates the Stomach and Bowels, cures Wind Colic, softens the Gums, reduces Inflammation, and gives tone and energy to the whole system. "Mrs. Winslow's Soothing Syrup" for children teething is pleasant to the taste and is the prescription of one of the oldest and best female physicians and nurses in the United States, and is for sale by all druggists throughout the world. Price, twenty-five cents a bottle. Be sure and ask for "MRS. WINSLOW'S SOOTHING SYRUP."

AT CHRISTMAS TIME



The Housekeeper's interest centers on her dining table, the chief charm of which is the Silver. To make it do its duty perfectly, it should be cleaned with

ELECTRO Silver Polish SILICON

then its latent beauty or brilliancy will appear, crowning the effort of the hostess.

At grocers, druggists, and postpaid, 15 cts. (stamps). Trial quantity for the asking.

Electro-Silicon Silver Soap for washing and polishing Silver has equal merits. 15 cents.

"SILICON," 30 Cliff St., New York.



SYLMAR OLIVE OIL

DIRECT FROM THE RANCH IN CALIFORNIA

Sylmar Olive Oil was awarded the Grand Prize (highest award) at the St. Louis World's Fair in competition with all other olive oils. It is the natural oil of olives, to which nothing has been added, nor anything taken away. Guaranteed pure. It will keep longer than any other oil without turning rancid. We own the ranch, the trees, and the mill. We produce this oil under the most favorable conditions from the finest ripe olives grown.

Sylmar Olive Oil retains all the rich, fruity flavor of ripe California olives, and is most palatable. Sylmar Olive Oil is absolutely the finest article of its kind that can be produced, and can be purchased with the confidence that every bottle will stand the most rigid chemical analysis and be proven absolutely free from adulterants.

$3.00

EXPRESS PREPAID



Natural Oil of Olives Perfected from "Blossom to Bottle" on the Largest Olive Ranch in the World.

Send postoffice or express money order for $3.00 for three quart-size bottles, and we will deliver them to you express prepaid. Give your grocer's or druggist's name, and we will offer him the agency.

We publish a booklet containing physicians' directions for medicinal uses of olive oil, cooking receipts, government recommendations, descriptions of our process, and directions for detecting adulterants in olive oil. We will send this booklet and a sample bottle of the oil to any address for 10c. postage.

Two tablespoonfuls of Sylmar Olive Oil contribute more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs. The body is a machine which must be lubricated in order to run smoothly and be vigorous. Eat natural olive oil freely and pay the doctor less.

Los Angeles Olive Growers' Ass'n, 314 Bradbury Bldg., Los Angeles, Cal.

as if it had always been perfect, and would always remain so, and required no more attention from anybody. Only in our own generation has this fallacy been exploded." And she remarks: "The passionate love of youth for the new knowledge has been a large element in the explosion, and will have to be a large one in the gradual reconstruction which is too haltingly taking place. So, also, has the unrest of parents; and that, too, will have to be taken account of."

The author feels, as do many others, that we are paying too high a price for "uniformity in our schools." In the future, educational training must be adapted to actual conditions, and not to high-faluting theories. More attention must be paid to deeds and less to words.

THE YOUNG FOLKS' BOOK OF ETIQUETTE. By Caroline S. Griffin. 84 pp. Price 35 cents. Chicago: A. Flanagan Company.

For young boys and girls this is an admirable little handbook. It ought to be read by them, and the teachings put into daily practice. Then the home would be pleasanter and the whole world more happy. Young folks cannot begin too soon to be polite and well-mannered. The habit is of priceless value. "A beautiful behavior gives a higher pleasure than statues or pictures: it is the finest of the fine arts."

365 BREADS AND BISCUITS. Cloth. 16mo. Price 40 cents net. Philadelphia: George W. Jacobs & Co.

This is a companion volume of "365 Breakfast Dishes, Luncheon Dishes, Dinner Dishes, etc." The recipes are compiled from Mrs. Lincoln, Marion Harland, and other reliable authorities. They are selected to suit the various seasons, and provide a bread or a biscuit for every day in the year. Some housekeepers might find this a convenient manual.

Common Errors in Speech

Who does not make errors in everyday speech? As a matter of fact, it is very unusual to find any person whose use of the English language is absolutely correct. The following are examples of some very frequent errors or faulty expressions often heard:—

"Let you and I go" should be "you and me."

"I am as good as her" should be "as she."

"You are younger than me" should be "than I."

"Come to dinner with John and I" should be "John and me."

"Between you and I" should be "you and me."

"Where are you going? Who? Me?" should be "Who? I?"

"Who do you see?" should be "whom."

IF any dealer offers you a substitute when you ask for the

Velvet Grip

Sample Pair, Mercerized, 25c.; Silk, 50c. Mailed on receipt of price.

CUSHION BUTTON HOSE SUPPORTER



Insist on having the genuine

Over two hundred styles. Worn all over the world.

LOOK FOR THE NAME AND THE MOULDED RUBBER BUTTON.

GEORGE FROST CO., Makers, Boston, Mass., U.S.A.

About the Word "Worcestershire."

Over **seventy** years ago, **Lea & Perrins** first put on the market a table sauce known as



Lea & Perrins'

Worcestershire Sauce

It has since gained a world-wide reputation; therefore, many manufacturers have used the name Worcestershire, and some even called their crude imitations the "genuine." But the Original and Genuine is **Lea & Perrins'** Worcestershire Sauce. Take No Imitation! Do Not Be Deceived.

John Duncan's Sons, Agents, New York.

RANDOLPH'S $5 BOX OF DAINTIES FOR CHRISTMAS



For $5.00 (Money Order or New York Exchange) we will send, *Express Prepaid*, to any address east of Rocky Mountains, the following assortment of our Delicious Confections and Sound Fresh Nuts and Fruits:

1 lb.	Golden Pecan-Stuffed Dates	30cts
1 lb.	Golden Marshmallow Dates	35cts
1 lb.	Maple-Pecan Pralines	75cts
1 lb.	Pure Mint Creams	25cts
1 lb.	Flesh Salted Almonds	75cts
1-2 lb.	Choicest Crystalized Ginger	35cts
1 lb.	Pimento-Olives or Pim-Olas	50cts
1 lb.	Duchess Shelled Almonds	60cts
2 lbs.	Fancy Seeded Raisins	40cts
1 lb.	Imperial Cluster Raisins	40cts
1 lb.	Choicest Pecan Meats	60cts
2 lbs.	Finest Mixed Nuts	50cts
12	Packages. Usual Retail Price	$5.75

For ten cents we send anywhere our Booklet of Correct Ideas and Choice Recipes for Entertainers. Sample of our luscious Pecan-Stuffed Dates and our December Price-List. *Write early.*

RANDOLPH CONFECTION COMPANY,
306 N. Front St., Saint Louis, Mo.

See "Roll of Honor" of Pure Foods in this month's Good Housekeeping

"The Perfection of Olive Oil"



RAE'S LUCCA OIL

The Very Finest Quality of Pure Olive Oil

FOR SALADS, TABLE AND MEDICINAL PURPOSES

Sold in Bottles and Gallon Cans by leading Grocers

S. RAE & CO., Leghorn, Italy

USE Hecker's SELF-RAISING BUCKWHEAT

DAINTY CAKES
DELICIOUS CAKES
WHOLESOME CAKES
EASY TO MAKE

READY FOR
THE GRIDDLE
WHEN BATTER
IS MIXED

"If I was her" should be "If I were she."

"Was it him?" should be "Was it he?"

"Who was it by?" should be "whom."

These examples of "faulty diction" are so common that many people look upon the improper form as being the correct one; and Thomas H. Russell, LL.B., editor-in-chief of Webster's Imperial Dictionary, has done the public a great service in having written the new book entitled "Faulty Diction, or Errors in the Use of the English Language, and how to Correct Them," which the publishers have, by printing it on thin Bible paper, succeeded in getting into what may be called Vest-pocket size.

Illustrating the comprehensive treatment that has been given the subject by the author, there are 1,017 headings treated in the book, under some of which—"plurals," for instance—over fifty errors that are not at all unusual are to be found illustrated and corrected.

It is rarely one's good fortune to become possessed of so valuable a book, and especially one so compact and of as much general interest. It is handsomely bound in embossed Russia leather, and will be sent postpaid on receipt of 50 cents to any address by George W. Ogilvie & Co., Publishers, 169 East Randolph Street, Chicago, Ill. They also publish the same book in cloth binding, and will send a copy of it in that style on receipt of 25 cents.

A Recipe Card Index

Every housekeeper has her own collection of precious recipes, handed down in the family, obtained from friends, or clipped from newspapers and magazines.

Ordinarily, these are jotted down haphazard, on the fly-leaves of the household cook-book or on scraps of paper,

The Essentials of Good Mince Meat

If you—if every housewife—could visit the Heinz Kitchens and personally follow each of the simple, homelike, cleanly details of preparing Heinz Mince Meat, there would be no room to question *why* it is the mince meat you ought to buy; *why* it possesses the tempting flavor of the old-fashioned kind; *why* it satisfies the taste of all.

And your visit would surely convince you of this: In Heinz Mince Meat you get all the qualities of cleanliness and goodness of the finest home-made product, *plus* the immeasurable advantages of Heinz experience, Heinz system and Heinz equipment.

Too much cannot be said of the care, of the precision, exercised in selecting the ingredients for

HEINZ Mince Meat

The finest meat for the purpose; fresh, white suet; faultless apples; Valencia raisins carefully seeded, and so rich in flavor as to be a veritable confection; Grecian currants whose purity is insured by an individual cleansing process; choice citron and candied fruits—in these, and in the Heinz Way of preparing and blending, lies the incomparable goodness of Heinz Mince Meat.

Your grocer sells it in glass and stone jars of convenient sizes. Get a jar; if it doesn't meet your highest ideal, the grocer will give your money back.

Let us interest you further in the famous "57" by sending you a copy of "The Spice of Life."

H. J. HEINZ CO., Pittsburgh, U. S. A.

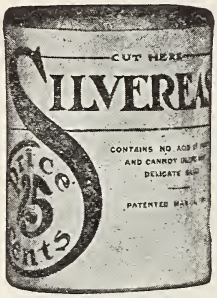
HEINZ 57 VARIETIES



The old style cook book gives way to the modern Card Index Recipe Box, each recipe on a separate card and classified under heading cards, so that any recipe under any heading can be instantly found. ¶ The housewife's most valued recipes—those given her by friends and clipped from periodicals—instead of being scattered and mislaid, are kept together in perfect order. ¶ The Index can grow to any size. Simply put any new recipe on card and add in proper place. ¶ When preparing a dish the card is taken from box and placed before cook on cooking table. ¶ The recipes can be written, typewritten, cut out of newspaper or book, and pasted on. In any case, it is just as easy to find them. ¶ Outfit consists of a box handsomely bound in beautiful imitation of leather, red or black, containing 100 cards for recipes and 10 guides. From your stationer or sent prepaid to any address for $1.50. ¶ An inspiration for any woman interested in her kitchen. ¶ Invaluable for cooking-schools.

LIBRARY BUREAU, 537 Atlantic Ave., Boston, Mass.

Silver Should be Cleaned



at least once a week. It is put off too often and too long because it is such a disagreeable job. Think how bright your silver would be if it could be cleaned every day or so, instantly, without any rubbing, without any damage to the silver.

SILVEREASE

does that very thing. It is a powder. A spoonful of it dissolved in a pan of hot water does the entire work. Simply put the silver into the preparation for a minute or two, wipe it off with a towel, and it is as bright as when new.

If your druggist or grocer doesn't keep SILVEREASE, send 25 cents to us and his name, and we will send you a package. Or send two cent stamp for a small sample.

If SILVEREASE doesn't do what we say the first time without any trouble, throw it away and write us, and we will send back the 25 cents, or tell the grocer to give it to you.

SILVEREASE COMPANY

1131 Broadway New York

and scattered in a dozen places, to be mislaid or lost.

The Library Bureau has devised a cooking index that brings all these valued recipes into one orderly place, where any one can be found in a moment. A printed and ruled card is filled out with materials, weight or measure, and directions. If the recipe is clipped from a paper, it is pasted on the card, and heading is written in. The index is supplied with guides for the various classifications of food; and the card, filed alphabetically behind the proper guide, is always at the fingers' ends when wanted.

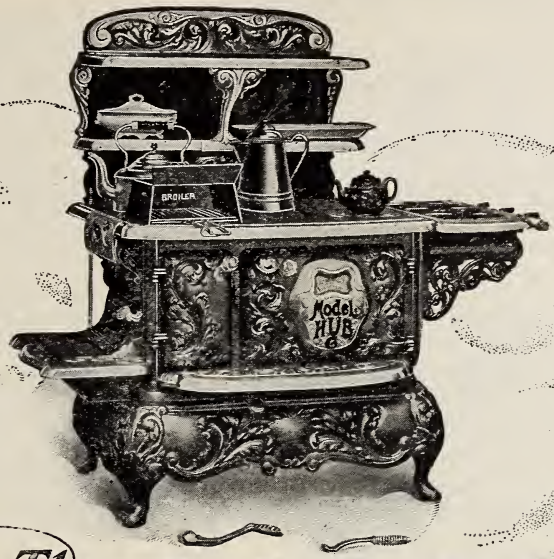
The index can grow to any size by simply putting each new recipe on a card and adding in proper place.

When preparing a dish, the card is taken from box and placed before the cook on cooking-table.

The index is a great convenience for suggestions, since often a housekeeper hardly knows what she wants to make. By taking all the cards from a group and glancing through them, the one that appeals is invitingly before her.

From "Socialism and Christianity"

If the social question of the hour is to a certain extent the question of alcoholism, the most effective temperance reform must begin, not with the saloon, but with the kitchen and the table. Not those temperance women who agitate on the public platform, but women who stay at home and know how to cook dinners and feed men well and make homes bright and restful,—such women are our first and most valiant temperance reformers. The shining cups and saucers on the snowy linen, with the sparkling glass of pure water, the sweet-smelling bread, the fresh butter, the fragrant tea,—how inviting in the poorest cabin to the poor workingman, who will not envy his rich employer dining until midnight at Delmonico's!



The HUB

that's going fast



Others make some claims that cannot be substantiated; but the FACTS ARE that the

HUB

is the only **RANGE** used and

endorsed by the Boston, Providence, New York, and other leading COOKING-SCHOOLS.

HUB Ranges, Parlor Stoves, Steam Heaters, Hot Water Heaters, and Furnaces are sold by leading dealers, and are

MANUFACTURED AND WARRANTED BY

SMITH & ANTHONY COMPANY, 52-54 Union Street, Boston

Send for descriptive and illustrated circulars E.



Be sure when you buy bacon, beef or conserves, that it has the

Beech-Nut Trade Mark

as it appears on this jar.

All of the Beech-Nut products have a flavor and an excellence peculiarly their own. They are put up in glass, and there is no danger of ptomaines as from tin. They are hermetically sealed, so that preservatives need not be used. They are not only the best to eat, but they are the purest food products made.

Be sure that the Beech-Nut trade-mark is on the glass jar when you buy them.

Beech-Nut booklet, edited by Janet McKenzie Hill, illustrated in colors, shows nine ways of cooking bacon, six ways of cooking beef, together with some illustrations of Conserves. This booklet will be mailed upon receipt of 2c. stamp.

All good grocers, butchers and provision men sell Beech-Nut products. If you cannot get them, we will send twenty-four assorted jars, express prepaid east of Chicago and north of Richmond, $4.00; other points east of the Mississippi, $4.50; west of the Mississippi, $5.00. Only one order to a person.

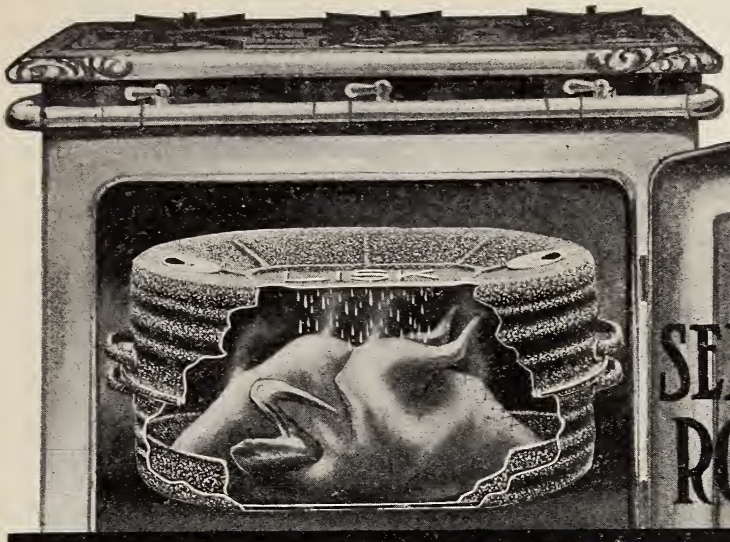
Beech-Nut Packing Co.
Canajoharie, N. Y.

The House Restful

Our houses, like our lives, are overcrowded: it is the tendency of the times; and, although many a voice is raised in praise of the simple Japanese interiors, where one vase decorates a room, there are few who follow this excellent example. It is depressing to think of the money spent on unnecessary furniture and bric-à-brac, and of the weary hours spent in cleaning and caring for them. Perhaps it might be worth while if the result were beautiful, which it certainly is not. There is nothing artistic in a crowded room. As a rule, there is no discretion in the massing, and the most incongruous articles are placed side by side. A really exquisite vase, picture, or carving, loses its value when it is surrounded too closely by other ornaments, and the whole effect is blurred and confused. The ideal room has spaces to rest the eye, everything is beautiful in itself, and each article is chosen with due regard to the room as a whole. An ornament that is handsome in the store may prove to be a jarring note in your house. And, when I say "beautiful," I do not mean expensive. Indeed, some of the most hideous things I have ever seen have been costly, and some of the prettiest have been bought for a few cents.

Aside from these considerations, a crowded room is not wholesome. Dust collects in all the cracks and corners, and even the tidiest housekeeper cannot dislodge every particle every day. This ought to be especially taken to heart in our bedrooms. Whatever obtains downstairs, our sleeping-rooms should be as free of dust-catchers as possible.

At this point I can hear some one exclaim: "That's all very well, if one is just beginning, and can arrange things according to an ideal plan; but how about me? I have kept house for twenty years, and naturally every room is full to overflowing." Under



The LISK SELF BASTING ROASTER

No basting — no waste — and nothing to watch but the clock!

Do you realize what this means to *you?*

It means that no matter what you roast — meat or fowl — all you need do is put in the roast, with a little water in the bottom of the pan, and take it out when done — crisp, juicy, and roasted to a turn.

The reason why this Roaster roasts so much *better,* and *bastes itself,* is that all the steam which arises and bastes the *bottom* of the roast, is made to *drop down* again on the *top* of the roast, because of the special *construction* of the top. (See picture).

But that is not all.

The *ordinary* Roasting Pan not only requires a lot of basting and watching, but *it also wastes a lot of the roast itself,* as most women know from experience. Actual test shows that a 10 pound piece of roast beef will only weigh 8 pounds, or less, when roasted in the ordinary pan—a clear loss of 2 pounds, or one-fifth of the weight; at this rate you do not need to have "roasts" *very often* before this waste amounts to $3 or $4 a month!

This big item of waste, as well as the necessity of basting and watching, are all *entirely eliminated* in the LISK SELF-BASTING ROASTER.

It takes up no more room, and it can be used on the *top* of the stove *as well* as in the oven.

Like all the other celebrated LISK Kitchen Utensils, it is made of Imperial Gray Enamel Steel and *absolutely sanitary* because *seamless.* Sold upon *a 10 year unconditional guarantee.* Three sizes—small, medium and large.

SPECIAL OFFER

ASK YOUR DEALER FOR THE LISK SELF-BASTING ROASTER—IF HE CANNOT SUPPLY YOU SEND US $3.00 and we will send you a medium size Roaster (by express prepaid), *with the privilege of returning it,* if, at the end of thirty days you are *not* absolutely convinced of its merits. If your family likes "roasts" as much as most families do, the Roaster will *pay for itself* inside of the thirty days you are trying it. Descriptive Booklet F, sent free.

LISK MANUFACTURING CO., Canandaigua, N.Y.

LISK LISK

PETER COOPER'S
CLARIFIED
GELATINE

FOR WINE JELLIES
BLANC-MANGE
CHARLOTTE RUSSE

PURE AND WHOLESOME

Our Pulverized Gelatine is the most convenient for family use. Dissolves in a few minutes.

An 8-cent package
makes two quarts.
Cheapest and best.

For sale by all grocers.

S. S. PIERCE COMPANY, Boston, Mass.
Manufacturers' Agents.

Ice-cream
always
in
Season

Junket
Tablets
make
the Best

We mail postpaid ten tablets to make ten quarts for ten cents, and give you the charming brochure, "Junket Dainties," free.

Chr. Hansen's Laboratory
Box 2507. Little Falls, N.Y.

these circumstances the change is difficult, but not impossible. Of course, many of one's household gods are endeared to one by associations; but I should weed out such as are neither beautiful nor beloved, and give them to some one who really needs them. It will be a pleasure to think they are helping some one else instead of hindering you. After this there would still be an overabundance, so I should put in the storeroom all that was not necessary, and then at the end of a few months I should shift things, and have my house refurnished, so to speak. This is not impossible, for I know two people who do it regularly. Until one tries, she cannot realize how much more she appreciates a favorite picture or a cherished bit of pottery after it has been in seclusion for a time. It is like having a lovely new present, to see it again.

Our eyes need breathing spaces as well as our lungs, and a very good rule to follow is this: If you suspect that your room is overfull, try removing a lamp, a cushion, or a photograph. If, at the end of a week, you no longer notice its absence, you are safe in not replacing it.

A pretty and agreeable young woman, who lived in a country village, suddenly announced that she was going to take up teaching. "You—you a school-teacher?" exclaimed the recipient of her confidence. "Why, I'd rather marry a widower with nine children!" "So would I," the young woman replied frankly. "But where is the widower?"

To clean decanters and other narrow-necked bottles put in half a cup of vinegar, then half as much tea leaves. Shake until clear, empty, put in warm soap suds, and shake again. Then rinse thoroughly.

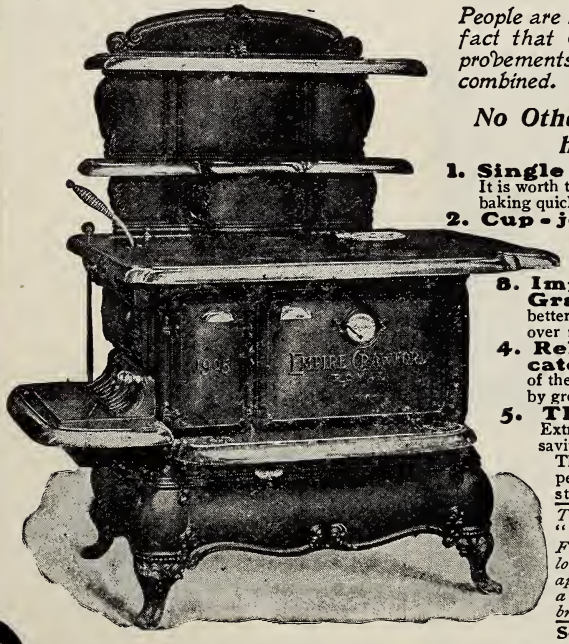
The Single Damper

is our PATENT. It makes the regulating of fire and oven simple and SURE and BETTER than two dampers could do it. Only

Crawford

Cooking-Ranges

have this Single Damper. It is worth the price of a range. It saves fuel and insures better baking. Slide the knob to "kindle," "bake," or "check." (One motion does it.)



People are beginning to appreciate the fact that Crawfords have more improvements than all other ranges combined.

No Other Range has These Features:

1. **Single Damper.** This is *patented.* It is worth the price of the range. It makes baking quicker, better, surer. It saves fuel.
2. **Cup-joint Oven Flues.** They don't leak. They utilize *all* of the heat. They insure better baking.
3. **Improved Dock-ash Grate.** This is *patented.* It means a better, steadier fire,—one that will keep over night. It means a saving in fuel.
4. **Reliable Oven Indicator.** Readable. Entirely outside of the oven, consequently not affected by grease, smoke, or dust.
5. **The Perfected Oven.** Extra large, with asbestos-lined heat-saving back and five heights for racks. The quickest, surest baker and most perfectly controllable oven ever constructed.

The Range here shown is our new "EMPIRE ROYAL CRAWFORD," a "hit" with those who love plain elegance and those who appreciate the ease with which such a Range can be kept clean and bright.

Send for Illustrated Catalogue

Crawfords have more Improvements than all other ranges combined

WALKER & PRATT MFG. CO., 31-35 Union Street, BOSTON

Proprietors of the Finest Stove Foundry in the World

We Drink
OLD GRIST MILL
WHEAT COFFEE
Because it tastes good
and it
Makes us Strong.
Why don't you try it?





UNDERWOOD'S
ORIGINAL
DEVILED HAM

In **camp, picnic,** or **home,** it will be found not only pure, but delicious and satisfying. Made only of pure spices and sugar-cured ham. There is but *one* deviled ham — Underwood's Red Devil Brand. All others are imitations, but imitations in name only, no more like Underwood's than chalk is like cheese. *Send for book of 43 prize receipts.*

WM. UNDERWOOD CO., BOSTON, MASS.

Brownsville Water Crackers

The Cracker that has "Brownsville" on it

I started to head this "A Cracker for Epicures," but that might lead you to think that it is a rich and unhealthy cracker, and not fitted for the simple supper of a child. Brownsville Water Crackers are so pure and wholesome that they are ideal for the little one's bowl of milk and crackers. They are so crisp and appetizing that the most discriminating good liver will find that they add just the right touch to his oysters, soup, cheese, or salad.

What is there about this Brownsville Water Cracker that makes it so good as all this? Why simply this: The Brownsville Water Cracker has been made in the same way for fifty-five years. My grandfather began baking it right here in Brownsville in brick ovens, after a recipe which he found gave the crispest cracker and one that kept best for the longest time. This sounds rather primitive, and it is primitive when compared with the cheap methods by which many modern crackers are made. I still have the same man mixing the dough for me who mixed the first dough for the first Brownsville Cracker for my grandfather.

A great many people ate Brownsville Water Crackers, liked them, and kept on ordering them, and so the business has grown. From time to time I have enlarged the plant, until now it is big enough to supply any demand without in any way depreciating the character of the crackers. Every Brownsville Water Cracker is made and baked in the same way it was fifty-five years ago. Every Brownsville Water Cracker is just as good as every other Brownsville Water Cracker, and just as good as any Brownsville Water Cracker ever was.

Don't take my word for it. Don't take anybody's word for it. The price of a pound of Brownsville Water Crackers is only twenty-five cents, or you can

Nicelle Olive Oil



Made and bottled in Nice, France. The purest type of

OLIVE OIL

producible, for the tables of those who discriminate.

AT ALL DEALERS'.

SEVILLE PACKING CO.,
NEW YORK.

Send for illustrated Recipe Booklet, free.



Let us send you one of our striking 1906 Calendars

Our 1906 Calendar is unique. It is twelve inches high and is lithographed in seven colors. Specially suitable for den or office. Sent postpaid to any address on receipt of four cents in stamps.

JOHN P. SQUIRE & COMPANY, Boston

IT IS MADE FOR YOU,

The "Standard Rotary"



Sewing Machine.

To save your strength, your time, and assure you perfect and noiseless work. "Standards" are all one kind, the best.

SHEPARD NORWELL COMPANY,
BOSTON, MASS.

get a ten-pound box for $1.50, making it fifteen cents a pound. Buy a pound of these crackers, and try them in any way in your home in which you use crackers most. Give them to the children; serve them with your soup, or salad, or with cheese; compare them with any water crackers you have tasted; keep them as long as you want to, and see how well they keep; and we will never have to say Brownsville Water Crackers to you again.

All the best hotels and restaurants use them, and by "best" we really mean the best,—the ones where people go because the cooking is the best that can be had in America.

I never knew a man or woman who really tried Brownsville Water Crackers who did not speak of them more strongly than I have spoken of them in this column.

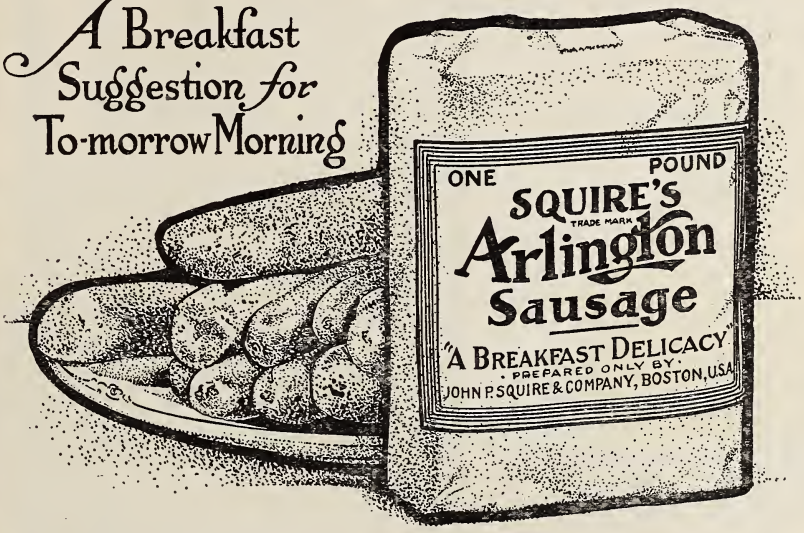
Wm. L. Lenhart

CHATLAND & LENHART,
Brownsville, Pa.

The best toast is made with the crusts trimmed before toasting, and after that process it is spread evenly with butter, and sent at once to the table. A toast rack should be used only to hold the number of slices wanted by the party at the table. For a second "relay" there should be hot toast as freshly from the fire as the first.

The nut trade of the South has already opened up, and the amount of chestnuts, walnuts, and peanuts going North daily at this season is enormous. Solid trains pass by, with perhaps thirteen cars filled with chestnuts and as many more with walnuts, peanuts filling the rest of the cars. Last spring one

A Breakfast Suggestion for To-morrow Morning



Unlike Other Sausage

IF you take choice, lean, fresh pork, chop it fine with just enough fat mixed in to make it fry well, season it with pure spices, and enclose it in a clean package, you have a sausage that makes a breakfast dish to tempt an epicure.

¶ The above is a good description of Squire's Arlington Sausage. Every bit of meat that we use has to pass the careful inspection of a United States government inspector, stationed at our factory. We insist on perfect cleanliness in every part of our immense plant. Arlington sausage meat is chopped,—not ground,—and is delicately seasoned with pure spice.

¶ The finished sausage is double-wrapped in germ-proof parchment paper and sealed. You get it from your dealer in one-pound packages, unopened after leaving the room in which it was made. Surely, it must appeal to you that such sausage is preferable to the ordinary kind you buy in bulk.

¶ Squire's Arlington Sausage costs no more than good sausage ought to cost, and your dealer will supply you if you ask him. It is worth your while to insist if necessary. Arlington Sausage is made only by

JOHN P. SQUIRE & COMPANY
BOSTON, MASS.

Makers of Squire's Kettle-rendered Pure Leaf Lard and Squire's High-grade Hams and Bacons

HBHCo

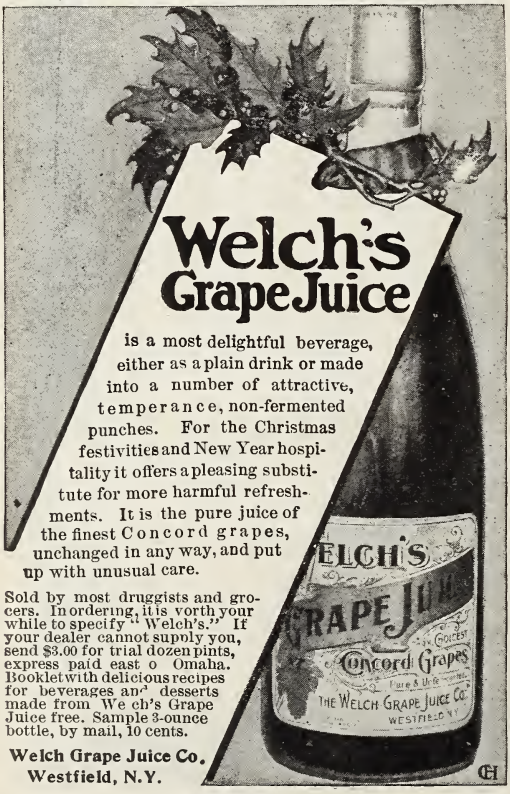


The Splendid Qualities

of Liebig Company's Extract—the strength it gives, its brilliancy in solution, and perfect flavor—are due to the choice material from which it is prepared. The Liebig Company's main business is the manufacture of beef extract; it is not a by-product with them as with others. All the best cuts of beef are in

LIEBIG COMPANY'S
Extract of Beef

Liebig's Extract of Meat Co., Ltd., 120 Hudson St., N.Y.



record peanut shipment was made from Richmond, Va., of thirty carloads, or 75,000 pounds, valued at some $60,000.

The nut and persimmon crop of Missouri this year promises to be a record breaker. The season has been especially good for "'simmons," and the fruit will be not only plentiful, but of excellent quality.

Shipments of the orange crop of Northern and Central California begin in November, and are entirely over by the New Year. It is estimated that there will be 1,750 cars from the Porterville district alone. The Southern California crop has not yet been estimated, but according to indications it will be fully as large as that of last year, and perhaps somewhat in excess.

A cold marble moulding-board is of course ideal, but where this is unobtainable, as in an old house, then do not use wood, but a piece of sail-cloth instead. Flour as usual, and you will find that no kind of dough will stick to it. To keep clean, soak the cloth in cold water and scrub thoroughly with a brush.

The contents of the inner vessel of a double boiler will boil very quickly if the water in the outer vessel is mixed with salt in a proportion of half a cup of salt to each quart of liquid.

Having torn several pairs of stiffly starched sash curtains when inserting the brass rods, I discovered that, by moistening the hem of the curtain with a nail brush the rod would slip in easily, without tearing the curtain in the least.



DAINTY
HOUSEKEEPERS
PREFER
DIXON'S
STOVE POLISH.
Joseph Dixon Crucible Company,
Jersey City, N. J

MELLIN'S FOOD



HIGHEST AWARD

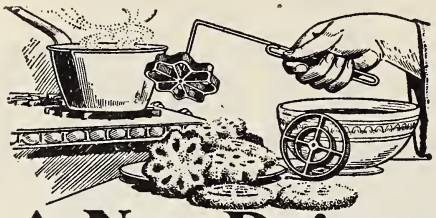
GOLD MEDAL

Portland, Oregon.
1905

The highest award within the power of the jury to confer, **THE GOLD MEDAL** of the Lewis & Clark Exposition, Portland, Oregon, has been given to Mellin's Food in recognition of its great value to humanity. Mellin's Food has always received the highest award wherever exhibited for awards.

At St. Louis, 1904, Mellin's Food was the ONLY Infants' Food to receive the highest award, which was THE GRAND PRIZE.

MELLIN'S FOOD COMPANY, BOSTON, MASS.



A New Dainty-
Rosette Wafers

Crisp and delicious—for breakfast, luncheon or afternoon tea.

Made with the thinnest of batter and a novel little iron. **Any woman can make forty of them in 20 minutes at a cost of 10 cts.**

All the best dealers sell these irons at 50c a set.

If your dealer does not sell them, send us 70c and we will mail you a set postpaid.

FREE—Mention your dealer's name when writing, and we will give you a book of 30 new recipes telling how to serve these wafers, and our interesting catalogue of culinary novelties.

ALFRED ANDRESEN & COMPANY
S., Minneapolis, Minn.

WANTED. Experienced woman to take entire charge of the Culinary and Steward's Department of Sanitarium near Chicago. Graduate of cooking-school preferred. Address, giving experience, references, and salary expected,
PENNOYER SANITARIUM, KENOSHA, WISCONSIN.

Quilted Table Padding

is much better than the antiquated woven stuff.

There are several reasons why.

It can be washed, others cannot.

It does not cover diners' clothing with lint or fuzz.

It does not stick to the table when hot plates are laid on it.

It wears twice as long as any other.

These are the "whys" that have made it almost universal.

ALL DRY GOODS DEALERS SELL IT.

EXCELSIOR QUILTING CO.,
15 Laight Street, New York.

Pleasantries

The man who would be mad if you asked him to marry a cook is awfully out of temper when he finds he has not married a cook.

"Little Harold came over to see me one morning," says a correspondent of the Boston *Herald*. "I gave him an orange, and said, 'Now what do you say when one gives you an orange?' Promptly little Harold replied, in a piping voice, 'I says, "Peel it."'"

Her mother had been trying to teach little three-year-old Dorothy to spell her own name, but met with poor success. At last she scolded her, and said that no one would think her very smart if she couldn't spell her own name. "Well," she exclaimed, "why didn't you just call me cat, and then it would be easy to spell? Big names make little girls tired."

Here is a curious bit of reasoning on the part of a little girl in a North End school. The examiner wished to get the children to express moral reprobation of lazy people, and he led up to it by asking who were the persons who got all they could and did nothing in return. For some time there was silence; but at last the little girl exclaimed, with a good deal of confidence, "Please, sir, the baby!"

Hon. Benjamin Kimball, one of New Hampshire's well-known railroad men, is said to have complained to one of the butchers at Gilford, where Mr. Kimball's summer residence is, about the quality of meat supplied, saying: "That

These trade-mark crisscross lines on every package.

Gluten Grits AND
BARLEY CRYSTALS,
Perfect Breakfast and Dessert Health Cereals.
PANSY FLOUR for Pastry, Cake and Biscuit.
Unlike all other goods. Ask Grocers.
For book or sample, write
FARWELL & RHINES, Watertown, N. Y., U. S. A.

BENSDORP'S

ROYAL DUTCH COCOA





It is delicious, nourishing, strengthening, and its double strength makes it the most economical to use. Careful Housekeepers use the Cocoa in the YELLOW WRAPPER.

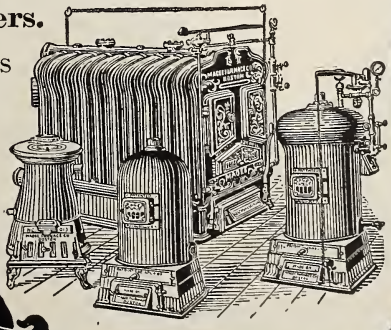
Send 10 cents for trial can—makes 20 cups.

STEPHEN L. BARTLETT, IMPORTER, BOSTON, MASS.



MAGEE HEATERS

Magee Heaters are just a little more up-to-date than others. A disregard of expense to obtain the best, many years of varied experience, and an ability to grasp and adapt the most modern improvements have resulted in perfection, as near as it is possible to attain it, in the construction of **Magee Steam** and **Hot Water Heaters.** Economy, ease, safety, and satisfactory results attend the use of all **Magee** apparatus.



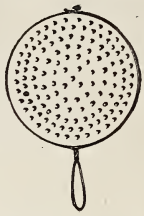
Illustrated Booklet, "The Magee Reputation," sent FREE.

MAGEE FURNACE COMPANY,
Nos. 32-38 Union St., Boston, Mass.

Makers of the celebrated "Magee" Furnaces, Ranges and Stoves, Steam and Hot Water Heaters.

SOMETHING ENTIRELY NEW.

RULOFSON'S CALIFORNIA LAVA TOASTER. Makes delicious golden-brown toast without burning or drying it up. Placed under enamelled ware cooking utensils, prevents contents from scorching and saves enamelled ware



TRY ONE. ONLY 25c.

If you are not satisfied, send us your cash tag, showing where you purchased it, and we will return your money. For sale by all leading dealers or sent on receipt of 25c.

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BUY THE CELEBRATED



Extensions.

Base.

CHAMBERLIN STEAM COOKER

Cooks Everything.

Used on a gas, coal, or oil stove, it will cook a big dinner with but flame enough to keep 2 quarts water boiling. It will do the every-day cooking with least possible trouble, and gives out no odor. Unsurpassed as a Fruit Canner, for which directions go with each Cooker, and it is used extensively as a Sterilizer.

The best in the world. Send for circular

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Half-tone Work a Specialty

lamb you sold me must have been old enough to vote. It was so tough I could hardly cut it." "Oh," said the butcher, "that is nothing. Tom Fuller said the last piece of meat he bought of me was so tough he couldn't get his fork into the gravy."

Cornelia T. Peck, a graduate of the Boston Cooking School in 1897, has been elected director of the Domestic Science Department of the Hill Industrial School, Florence (Northampton). Among the classes are two made up of girls from Smith College, morning classes for housekeepers and evening classes for girls employed in the silk mills. Miss Peck formerly had charge of the cooking classes in the public schools of Haverhill, Mass.

Little Girl: "Please, have you a sheep's head?" Facetious Butcher: "No, my dear; only my own." Little Girl: "It won't do. Mother wants one with brains in it."

Any One Can DRAW

—perhaps not well, but every person can draw a little. Many people possess the talent for art work and never realize it. If you will make a drawing just the best you can and send it to our Art Director, he will give you a letter of friendly criticism and

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as to whether or not it will pay you to cultivate your talent. There is absolutely no charge for this service. Illustrators earn large salaries and the work is fascinating. We teach Book, Magazine, and Commercial Illustrating, Cartooning, Poster Drawing, Book Cover Designing, and Fashion Drawing successfully by correspondence. Write your complete name and address plainly on your drawing, enclose stamps to pay postage if you wish your drawing returned, and address **THE ART DIRECTOR.**

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THE BOSTON COOKING-SCHOOL MAGAZINE

·OF·CULINARY·SCIENCE·AND·DOMESTIC·ECONOMICS·



For Tomorrow Morning's Early Breakfast

Have SQUIRE'S Arlington sausage



IF you have not as yet tried these sausage, there is a most enjoyable meal in store for you. They make a breakfast dish to tempt an epicure. But be sure you get the real "Arlington Sausage." Look for the name.



Government Inspected Sausage

SQUIRE'S ARLINGTON SAUSAGE are made only from the choicest selected meats, which have been carefully inspected by the United States government. This is a matter of HEALTH and is of VITAL IMPORTANCE. Arlington Sausage are absolutely pure and wholesome, made from the finest meats, and seasoned with pure spices which we grind ourselves. Squire's Arlington Sausage are sold in one-pound, parchment-wrapped packages, and are never sold loose or in bulk. If your dealer cannot supply you, we will send

Express Prepaid, Money Back if Unsatisfactory

five one-pound packages and a sample pail of Squire's Kettle-rendered Pure Leaf Lard for $1. Join with your neighbor in ordering a trial box.

JOHN P. SQUIRE & CO., Boston, Mass.



MENU FOR COMPANY LUNCHEON

GRAPE-FRUIT COCKTAIL.

CONSOMMÉ EN TASSE, QUEEN FASHION.

OLIVES.

HALIBUT À LA NEWBURG IN RAMEKINS.

LADY-FINGER ROLLS.

BROILED FILLETS OF BEEF WITH BLANCHED MARROW,

BROWN SAUCE.

FLORIDA LETTUCE, FRENCH DRESSING.

CARAMEL PARFAIT IN TALL GLASSES.

BROWNED ALMONDS. MACAROONS WITH CHERRIES.

COFFEE.

MENU FOR SILVER WEDDING

OYSTER PATTIES.

CELERY. OLIVES.

GALANTINE OF CHICKEN, ASPIC JELLY.

WHITE BREAD-AND-NUT SANDWICHES. SALAD ROLLS.

LITTLE CAKES. WAFERS. FROZEN PUDDING.

TEA. COFFEE.

HOT BOUILLON IN HALL AS GUESTS GO HOME.



FOR DESCRIPTION SEE PAGE 303

The

Boston Cooking-School Magazine

Vol. X. JANUARY No. 6.

Colonial Hearths

By Mary H. Northend

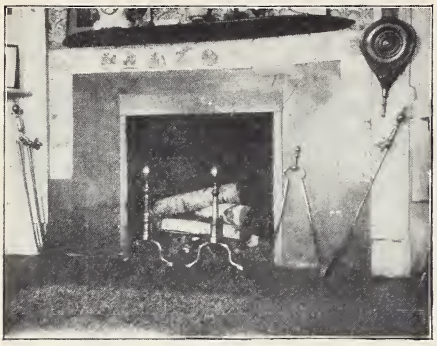
LIFE in our modern comfortable homes, heated by steam and furnace, with the grate as a luxurious accessory, presents a radically different aspect from that of our forefathers, who in their rudely constructed houses were obliged to depend upon the fireplace as only means of warmth, and also for culinary purposes.

The fireplace of early colonial times was large and deep, built for admitting a huge back log, which sometimes measured ten feet in length. This was brought from forest to door by oxen dexterously hitched to the heavy chain that bound it.

In the heart of an unknown wilderness, driven from their mother land by civil and religious persecutions, the sturdy pioneers of those early days built their huts from logs hewn laboriously from the felled monarchs of the forests, placing within them such rude furnishing as they were able to construct, neglecting least of all that which was to stand between them and the bitter winters of a strange land, —the fireplace.

Nowhere in the old country were to be found such ample facilities for roaring fires as these primitive structures afforded. The fireplaces were necessarily rude in construction, the spaces between the logs being filled with clay. These were known as "catted chimneys." Others were built entirely of rough stones, in their natural state, carefully selected, and placed, according to their size and contour, so as to form a deep cavern. At the back of these were placed the back logs, serving the purpose of throwing the heat forward and preventing too great absorption of it in the rear by the stone construction of the fireplace. With wood pile at the rear door, to be had for the chopping, and a huge glowing fire giving forth its tremendous heat inside, these early settlers must have felt that, whatever privations they might be called upon to endure, there was at least a degree of compensation in their blazing hearths.

As the settlements grew from repeated additions to their numbers, and new settlements sprung into life and spread into the interior, better and more substantial houses were erected. In the eleven years following John Endicott's arrival at Salem twenty-one thousand people left England for the shores of Massachusetts Bay. Every trade and profession was represented in these emigrations; and, leaving comfortable homes, as the



Fireplace in Page House, Danvers, Mass.

colonists did, their skill and taste, with the increased facilities for building, led to the erection of more solid and comfortable homes.

Naturally, the fireplace received its share in the improved condition of affairs. Brick and mortar supplemented rude stones, and the iron crane made its appearance at the back. From the crane depended huge hooks to receive the dinner-pots and tea-kettles,—important articles of the housewife's department.

The introduction of the brick oven proved a great blessing, doing away as it did with the trying process of cooking by the aid of embers alone. Baking day was a busy one in the colonial home. First, wood was lighted in the great cavernous oven, and for two hours a raging fire held sway within its confines. Then the embers were removed; and bread, cake, and pies were placed in the bottom of the oven, to cook at leisure. Those who have never tasted food cooked by this method cannot, of course, appreciate their loss, while they who have know the delicate flavor gained by this slow, even heat, and decline to compare it to that of the most epicurean dainty produced by modern culinary schools.

One pictures in fancy the long wintry evenings of these colonial times,—the family gathered in the great living-room after the table had been cleared of supper viands, the father and mother engaged in homely tasks, the little ones seated on settles either side of the yawning mouth, their bright eyes intent upon the rows of apples sputtering upon the hearth, the older members drawing their chairs closer as they feel the inevitable chill that comes with a few feet removal from the cheery blaze.

With the clearing of forests and the growth of towns, the great back log became less immediately available; and the fireplace began to diminish in size. Then, too, the increased number of rooms no longer demanded the immense family fireplace which had hitherto been urgent. Some of the large fireplaces were hedged in, while others were twice backed, to make them shallower, and to afford an opportunity for a fire-frame. Doubtless the researches of Count Rumford in heat and light proved of value to our forefathers of that day, who wished to retain heat, without smoke, in their houses.



Fireplace in Nathan Osgood House, Salem, Mass.



Fireplace showing Eagle

Probably no finer collection of colonial hearths can be found in any one city in this country than may be seen to-day in Salem, Mass., the home of old-time merchant princes, famous in the days when Salem was a synonym for commercial greatness. The old Derby Street mansions show to-day fireplaces faced with the most exquisite hand-carved mantels, the delight of all artists and lovers of beauty who view them.

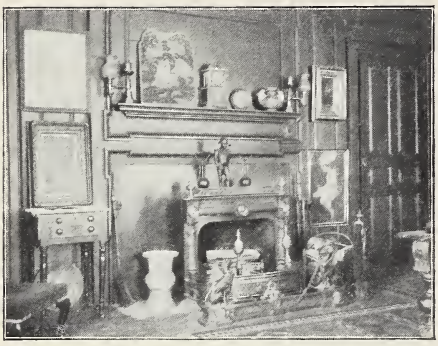
Some of these show the figure of an eagle in the centre,—an emblem which came into vogue at the close of the Revolutionary War. These are known as Constitution pieces, and are the work of a famous wood-carver, Samuel McIntire by name, who made his home in Salem. It is his work which has made the distinctive artistic quality of Salem mantels compared with similar devices of other New England towns. Baskets filled with flowers, and horns of plenty, are some of his favorite designs; and they show that exquisite care in detail which was a distinguishing trait of his genius.

Hob-grates, or grates for the burning of coal, were first introduced about 1750, the same year that the decoration of the fireplace began to receive particular attention. The fireplace was filled in to meet the demands of the grate proportions, the grate itself being decorated with brass trimmings.

An example of a fine old colonial fireplace and mantel is seen in the home of Mr. Daniel Low on Essex Street. This house was built in 1748 by Joseph Cabot, and is in pure colonial style of architecture. The fireplace is in a room that is occupied as a den by the present owner, and is directly opposite the entrance. This mantel is in McIntire's most elaborate style, with the carved eagle as a centrepiece. The fireplace still shows the original hob-grate of the first owner, which was known in other days as "cat-stones," to distinguish them from "fire-dogs." A small brass fender to enclose ashes, and a larger one of wire, to protect the clothing from sparks, are old-time accessories to the hearth.



Fireplace in Daniel Low House, Salem, Mass.



Franklin Stove in Saltonstall House, Haverhill, Mass.

In another Salem home on Federal Street is a second hob-grate, the decorations of the fireplace being those which became popular about 1750, when blue-and-white Dutch tiles were employed. These tiles represent a succession of Bible scenes, and are of more than passing interest, owing to the fine quality of the work and the fact that such decorative scenes are very rare, having been replaced in later generations by scenes of modern adventure and sport.

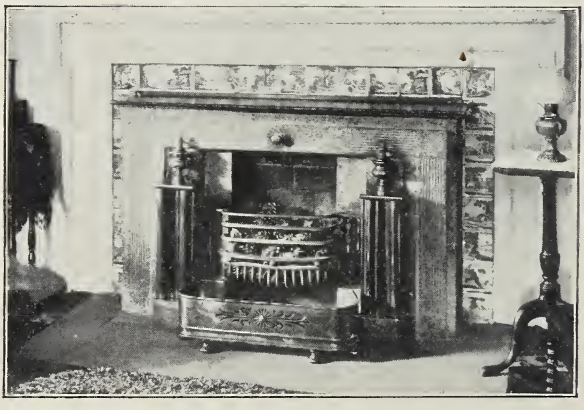
Fire-dogs and andirons, which had formerly been luxuries, became common at this period. Steeple tops were often found in the fireplace. Andirons of varying size found a home on the hearth, thus accommodating different sizes of logs, besides adding to the charm of the blaze; for the old wood-accommodating fireplace had not as yet been superseded, in many homes, by the coal grate.

The child of the fire-frame was the Franklin stove. In the latter portion of the eighteenth century the opening of the fireplace was often filled with brick or boarded up, and a fire-frame was used. The stove, however, invented by Franklin took its place. The rear was fashioned to set into the fireplace, leaving the front to project into the room. They became popular at once. Their shining rosettes and polished knobs were attractive, but doubtless taxed the housekeeper's patience by exacting demands for the polishing cloth.

A very beautiful stove of this character is owned by Mr. Gurdon S. Howe, of Haverhill, who occupies the house of his ancestor, Dr. Nathaniel Saltonstall, the first medical practitioner of that city. This stove stands in the library of its present owner, and has two iron fire-guards, representing a lion and a unicorn, connected by chains.

A colonial hearth on the spot where the Indian formerly lighted his fires is of particular interest in West Newbury, Mass. The late Major Benjamin Perley Poore, journalist, author, and noted antiquarian, left in his museum many rare and valuable curios. One of the quaint old fireplaces shows a Franklin stove of early design, set into cavernous depths of blackness, contrasting with the marble of the chimney front.

Marble in the middle of the eighteenth century was greatly admired for chimney pieces, both white and variegated varieties being used. Not



Hob-grate in Nicholls House, Salem, Mass.

infrequently the hearth itself was made of closely fitted marble blocks.

It is the harmonious blending of past and present into to-day's revival of the fireplace that constitutes one of its charms. About many a modern hearth are grouped andirons, fender, tongs, and scuttle that have seen the service of masters long since gone the way of the blazing log. Musing in the flickering light of the present, thoughts slip into channels which flow toward old-time hearths, while laughing faces look out from the flames, beckoning the present to a pleasant hour with the past.



Drawing-room at Ambassador von L. Meyer's House at Hamilton, Mass.

In Time of Need

By Eugene C. Dolson

Only a loving word,
  Helpful and kind and true;
But one the sweet voice heard,—
Solace for hope deferred,—
And, all her deep soul stirred,
  Took heart anew.

Only a generous deed
  For one who strove in vain;
But this sufficed his need,
And he, from bondage freed,
In manhood's pride decreed
  To rise again.

MENUS FOR TEAS, AFTERNOON AND EVENING RECEPTIONS IN JANUARY

I.

TOASTED CASSAVA CAKES. TEA WITH SQUARES OF CANDIED PINEAPPLE.

II.

TINY BAKING-POWDER BISCUIT. TEA. CREAM. SUGAR.
BONBONS.

III.

TOTTENHAM MUFFINS, TOASTED AND BUTTERED. TEA.

IV.

WHITE BREAD-AND-PRESERVED GINGER SANDWICHES.
WHITE BREAD-AND-HONEY SANDWICHES.
FAIRY GINGERBREAD. MACAROONS.
COCOA WITH WHIPPED CREAM.

V.

WHITE BREAD-AND-ORANGE MARMALADE SANDWICHES.
WHITE BREAD-AND-CRESS SANDWICHES.
LADY FINGERS. ALMOND MERINGUES WITH WHIPPED CREAM.
TEA.

VI.

HOT BOUILLON. BREAD STICKS.
SHRIMP SALAD.
BROWN BREAD-AND-BUTTER SANDWICHES.
COFFEE.

VII.

CHICKEN, ENGLISH WALNUT-AND-CELERY SALAD.
OLIVES. SALTED PISTACHIO NUTS.
GRAHAM BREAD-AND-BUTTER SANDWICHES.
CARAMEL PARFAIT IN GLASSES, POUNDED CARAMEL ABOVE.
TINY CAKES BAKED IN NUT MOULDS.
TEA. COFFEE.

VIII.

CELERY, TONGUE-AND-PARADISE NUT SALAD, ASPIC JELLY.
OLIVES. BROWNED PIGNOLIA NUTS. SALAD ROLLS.
PISTACHIO ICE-CREAM IN SHERBET CUPS,
CURRANT JELLY OR CLARET SAUCE.
COFFEE.

IX.

CREAMED OYSTERS IN RAMEKINS.
OLIVES. CELERY.
ROLLS FILLED WITH CHICKEN SALAD.
CAFÉ PARFAIT IN GLASSES.
NESSELRODE PUDDING IN PAPER CASES.
LITTLE CAKES. COFFEE.

My Wife's Function

By Myra Williams Jarrell

SALLIE was nibbling the end of her pen, and frowning. That the moment was portentous, I was certain. I had not lived ten years as Sallie's husband without becoming acquainted with that thoughtful frown.

"I don't see how we can get out of it," she finally murmured abstractedly.

"Do you want to get out of it?" I asked with as much interest as I could assume, considering that I had no more idea than the man in the moon what she was talking about.

Ignoring my question, she continued her monologue, "Everybody else has them."

"Oh!" I exclaimed optimistically, a light breaking in on my bewildered brain, "if it's the *measles*, you mean,— we don't necessarily have to have them, just because all the children in the neighborhood, and a few adults"—

"What are you talking about?" And Sallie turned upon me such a look of scorn that I fairly quailed beneath it.

"You began it," I stoutly asserted.

"I certainly never mentioned anything so silly as the measles," said she.

"I don't call them silly. Why, the Archers' little boy was left deaf with them"—

"I can't imagine what that has to do with our dinner we were discussing."

It was now my time to stare. "Our *dinner!* We were not discussing it; but, since we are on the subject, I would like to say that the roast was villanously cooked, the coffee was muddy, and as for the *pudding*"—

"Oh, poor, foolish boy! I did not mean *to-night's* dinner. I referred to the one we are going to give next week. I have a few of the items jotted down now." And she held up the paper over which she had been wrinkling her brow.

Sallie had made up her mind. Knowing what that meant, I was silent. Pursuing her own pleasant thoughts, she continued: "Just a little informal affair, only it must be very swell. The Appletons, you know, and"—

"The Appletons! That snobbish little woman who has been introduced to you dozens of times, and always accepts each fresh introduction as though it was the first!"

Sallie squirmed. I know it would be more poetic to say she winced. Perhaps ten years ago I would have used the nicer expression. But, if it has done nothing else for me, marriage has taught me honesty. Sallie calls it painful exactness. But, whatever it is, it compels me to reiterate that Sallie squirmed.

"Well, of course," she began lamely, "she had no cause to remember me"—

"I don't agree with you, my dear, for it was a reproach you dinned into my ears, that you wore the same dress every time you met her. I should have thought she would have recalled the dress; but I remember that the last time you were abusing that lady, you said caustically that, if you had worn a different dress each time you had met her, her memory would have been better."

"Oh, don't be disagreeable. Anyway, when I called on her"—

"You *called* on her?" I asked rebukingly.

"Yes, I did. Everybody else had, and"—

"Did she recall having met you before?" was my stern question.

"No"—Sallie reluctantly admitted, but added hopefully, "She said she had heard of me."

I laughed. It was mean; but I laughed, anyway.

And then my imperious Sallie, quite humbled and apologetic, laid down a dozen good and sufficient reasons why she should have this particular lady snob and her prissy little old husband to dinner.

I couldn't commend one of the reasons, but I summed it up tersely in a few words: "You think she will begin paying her social obligations, and are afraid you will be left out unless you entertain her. That kind of a woman would likely forget to invite you, anyway, so what's the use of going to the expense of entertaining her?"

"You are not only coarse, but penurious as well," my lady informed me.

After we had sparred a little longer, and I knew I was beaten, we settled down into an amicable discussion as to ways and means, and decided to let the rent go over another week, so that we could have that much more to spend on the dinner. I was for having carnations for the table flower for several reasons. But Sallie thought nothing but American Beauties, at $12 per dozen, were suitable for the Appletons. I tried to make her believe that the odor of American Beauties made me deathly ill; but Sallie settled the matter by saying I probably confused them with sunflowers, and that she didn't believe I had ever seen an American Beauty rose,—that certainly we never had any in the house, though Mame Sexton *always* had them on her wedding anniversary from her husband.

That reminded me of something else, so I said hastily, "Of course we will invite the Sextons."

"Oh, no," I was informed. "Certainly, not! Mame and Luke wouldn't expect it! At least, they ought not to!"

"I don't see why," I protested. "Mame has more sense than that Appleton woman, and she's much prettier. And, as for Luke, why he's twice the fellow that dub of an Appleton is,"—

"Physically, perhaps, not socially," my wife blandly informed me.

"Well, he ought to be. He is smarter and more upright in business. I can't understand this sudden popularity of the Appletons, except that he made a lucky speculation, which brought him in a few thousands and made a fool of his wife. They have no family to boast of, they are both ill-bred"—

"We won't discuss that," said Sallie. And I saw that she meant it.

Then everything proceeded smoothly for ten minutes, during which time Sallie informed me that my old dress suit would do very well for me, but that she *must* have a new evening gown. That point conceded, all was lost. In another five minutes the most exclusive caterer in town had been settled upon,—not exclusive because he was any more proficient, but because it was "the thing" to have him.

Inside of half an hour everything was arranged, even to the excluding of the Wilsons, our two very best friends, because they wouldn't "fit in." They were not in "that set." "Are *you* in that set?" I idly queried.

Sallie had scarlet fever when she was a child, and I sometimes think it affected her hearing. At any rate, there are times when she appears to be deaf. This was one of the times. "I can have Mame and Louise here to spend the day soon," she threw out as a sop.

"That's a good idea," was my response. "Have them the next day, and make hash of what's left from the dinner."

Sallie gave me a withering look; and our conversation came to an abrupt end, only to be revived long enough for Sallie to announce that she would ask the Worthings, as they were so intimate with the Appletons, for the other couple. "For it will be a

small affair, just the six of us,—that will make it more cosey than to have a large number."

"Yes, it will be deuced cosey with those two imbeciles, Appleton and Worthing," I admitted.

And then Sallie left the room. She always does when I explode. That's a woman for you. She will goad a man till he can't refrain from saying the only comforting thing he knows to say; and then she is insulted, and leaves the room, and, likely as not, goes off, and wonders whether any man is really good enough for any woman, and all that kind of rot.

Now I am a man, and to such the ways of woman are past all understanding. I had watched my Sallie, among our intimates, scintillating and witty, and, best of all, appreciated, liked, and listened to. Then, on the few occasions that we had in some unaccountable way broken into "that set," I had seen her sitting expectant, eager to add a sparkler of thought to the frothy talk,—I will not call it conversation. Her efforts usually were unavailing. They had no time for her. I, being on a salary, and not a princely one, and she attired in last year's gowns, were social mistakes,—mistakes, it is true, to be overlooked.

If, in some lapse, Sallie wedged in the remark she had patiently and pathetically nursed, no one heard it. She could say nothing which could possibly interest "that set." But every gaze was intent, all ears opened wide, so not to miss any of the toads which hopped from the mouth of the dough-faced lady whose husband had made millions in speculation. Her choicest epigrams were encrusted with such verbiage that the shade of Daniel Webster would have hidden his diminished head, could he have heard.

And yet my Sallie tingled with joy at every chance which threw her into the company of "that set."

Well, the morning of the eventful day "dawned bright and fair," just as it does in novels. There was an excitement in our happy home which did not make for peace and contentment.

Our hired girl (nothing makes Sallie so provoked as for me to call our "maid" a hired girl) got impertinent, and threatened to quit, and nothing short of a raise in her wages would hold her.

Sallie fidgeted around, dusting the furniture after the maid had finished, running to the refrigerator to make sure that there was plenty of ice, and doing sundry other unnecessary stunts.

At noon the caterer came with his corps of assistants; and even I was impressed by his grand manner, and found myself saying, "No, sir," and "Yes, sir," to him.

Just as Sallie finally left the kitchen, with flushed cheeks and a victorious air, the telephone rang. Sallie, being summoned, was lightly informed by Mrs. Worthing that she was awfully sorry, but that she and Mr. Worthing were just about to take the train for the city. They had had a telegram, she condescended farther to explain, from the Appletons, inviting them to join them, and go with them that night to the opera, etc.

I have been married ten years, and I trust that I have learned to be loyal to the woman I promised to love and cherish. Therefore, I draw a veil over the thirty minutes following the telephone conversation. And let no man, unless he be a married man similarly situated, fancy that he can see behind that veil!

It ended by our inviting the Sextons and Wilsons to dine with us that night.

"My!" commented Mame over the 'phone when I talked with her,—for it was I who did the talking,—"*seven thirty*, you say: you must be dead swell!"

I could not explain to her that to have told that major-domo in the kitchen to serve dinner an hour earlier, to suit the exigencies of the occasion, was as impossible a feat as to inform him that two of our guests had gone off on the train at the summons of the *other* two, who had *even forgotten they were invited!*

"He must never know!" Sallie had whispered, in her final gasp of despair. And I had assured her he should never know.

"They must never know,—the Sextons and Wilsons," she had managed to articulate, and had been told to trust all to me.

Never before had I risen superior to my Sallie. But, in justice to her, I must explain that my courage, in the face of her weakness, was due to the fact that, if I had to go in debt for a function, I much preferred to have Luke Sexton and Jim Wilson eating it up than those creatures for whom it was planned.

By evening Sallie had braced up, and begun to take notice. She wore her new gown, and presided with grace and dignity at the elaborate course dinner, faultlessly served by the major-domo's trained waiters.

It was evident that the Sextons and Wilsons were simply dumfounded at the elegance of the affair. "Say, Charley, this is what I call a function, sure enough," Louise whispered to me, with a glance over her shoulder to make sure that one of the factotums didn't hear her.

Never in that little old house was there so pompous and dignified an occasion. It began with Sallie, and finally infected us all. We rose above the gay gabble which ordinarily prevailed at that board, with that "crowd" (not "set").

We spoke in hushed tones of high ideals with the oysters. With the soup we toyed with Carlyle's "French Revolution." The fish, by a sequence of ideas, suggested the evolution of man. With the game we discussed Lucullus and his gorgeous feasts. The salad provoked us to airy persiflage, which, somehow or other, was not airy. Even the wines which followed the courses in the proper manner, laid down by the fellows who know, instead of lightening, only deepened the solemnity.

We ate, we drank, but we did not make merry. It was too much to ask with all those American Beauty roses staring us in the face and the waiters staring us in the back.

Of course, the women withdrew and left us men to our wine and walnuts. Sallie had insisted upon that. She was not willing to alter her original plans in any particular, for fear that cook fellow would think it strange.

A gloom like the pall of death fell on us three old chums after the women left us. I rehearsed to myself that formula used in dismissing servants: "Henry, you may withdraw. I will ring if we need anything"; but, when I cleared my throat and opened my mouth to speak, all I said was, "Mr. Sexton, have another cigar."

Mr. Sexton! My old pal, Luke!

Well, well, it's queer how the microbe of snobbishness gets into a fellow's blood! And it's alarming that the presence of a dumb waiter can make old friends act like new!

Jim Wilson had heard traditions about the witty after-dinner stories men tell to each other after the women withdraw, so he essayed one. It was so pathetic that I surreptitiously wiped my eyes with my silk handkerchief.

But as all things, good and bad, come to an end, in time, so did that dinner. After a respectable and what I deemed usual lapse of time, I rose and said dignifiedly, "Gentlemen, shall we rejoin the ladies?"

After our guests had departed with

proper decorum, and the hired servants had been paid, I looked at Sallie.

And, upon my word, even though there was nothing left to jingle in my pockets but my night key and my Chinese pocket-piece, I felt pity for her. So I said cheerfully: "Well, old girl, I'm glad we had those people here to eat up that truck. I fancy we surprised them with our style. But what I've been thinking is,—this is a conundrum,—if it was this stiff with intelligent people like the Sextons and Wilsons, how stiff would it have been with the Appletons"—

"Never mention that name to me again," vehemently commanded my wife.

"Amen!" I fervently responded.

Making of Homes

By Kate Gannett Wells

THE name of Mrs. Mary Hemenway will always be linked with the term "Household Arts," for it was through her wisdom, personal influence, and generosity that the Boston Normal School of Cooking was established in 1887, in connection with the public schools of her city. To her also was due the introduction of sewing and the Swedish system of gymnastics as branches of public school education. She imparted, moreover, a great impulse to the study of American history by her successful efforts for the preservation of the Old South Church and by her founding of the historical work and clubs which bear that ancient name.

After her death the trustees of her estate, in 1898, offered her School of Cooking to the State Normal School at Framingham, Mass.; and, because she cared for beauty in all things and believed that out of well-ordered homes would come national strength, the name of "Household Arts" was given to this new department of the Framingham school. Her children, Mr. Augustus Hemenway, Mrs. Louis Cabot, and Mrs. W. E. C. Eustis, united in equipping the laboratory kitchen with every appliance requisite for teaching cookery in its different forms. Miss Amy Morris Homans, under whose fostering care the Boston school had attained such high rank, directed every detail of the transfer of the old school to its new abode, while Miss Louisa A. Nicholas continued at the head of the department under the general superintendence of the principal of the school.

The course of study is outlined for three years, and includes quantitative and qualitative chemistry, physics, general biology, bacteriology, physiology, and some thorough knowledge of drainage, plumbing, ventilation, and sanitation, to which the pupils must apply practical tests. Such subjects can well be called household sciences, their practical application taking place in the school kitchen or in the boarding halls.

In the school kitchen, one of the best and largest rooms in the school, the work is arranged on educational as well as on technical lines. The five "food principles," or nutrients, are fully taught, the practice of cookery embracing household, advanced, fancy and special cookery. Each pupil learns to cook alike by gas and coal range and to understand food stuffs,—carbohydrates, proteids or albuminous foods,

fats, butter and dough mixtures, and fermentation. A course in practical laundry work is given, also in sewing, home nursing, first aid, and marketing. Much importance is attached to the last subject, for not even good cooking can negative the need for wise selection of meats in the shop. The pupils go in groups, several times in a term, to the wholesale and retail butcher, where practical lessons in cutting up meat are given them. They also visit grocery establishments, restaurants, and institutions, studying the serving of foods and learning how to prepare menus and keep accounts.

But best of all the ways of instruction is the regulation that requires each pupil to spend a part of every day for eight weeks in the kitchens of the boarding halls, where they take part in the preparation of the daily meals and learn how to plan and cook for a hundred boarders, as they could not possibly do in the school kitchen, which deals with small quantities only. The salaried, regular head cook takes as much pride in the school pupils who become her temporary coworkers, as does their professor of chemistry. In the boarding halls the scholars also acquire the best methods of doing chamber, parlor, and dining-room work, while in school hours they are obliged to attain a certain proficiency in drawing and become familiar with the elementary principles of household decoration.

As most of the graduates become teachers, they must learn how to teach others, and, therefore, each senior, assisted by a junior, takes charge during the year of a class made up from the pupils of the high-school and grammar grades of the town. The normal girls thus find out how to test their ability as instructors, gaining confidence in themselves through the sympathetic criticism of the various department teachers. There are always some graduates who accept positions as matrons and housekeepers. Several of them superintend the cooking in some of the chief hospitals in the country. Others are wholly engaged in the preparation of dietaries, while from those girls who have married come most grateful letters for the knowledge gained at school that enables them to live in plenty, on a small income, and to have much leisure through doing all their own work.

Herein lies the ultimate benefit of household arts,—the *making of homes*. In a normal school, though the pedagogic results must have chief place, they do not obscure the indirect advantages gained from a wide and thorough study of subjects connected with the home. Fuller dignity will be won for manual labor when children learn how to cook for the home as a regular branch of school study. Employer and employee will understand better each other's rights when both have worked together over the same household problems in the school curriculum. Then science will be found to be as productive of economic gains, in household expenditures, as beauty is now seen to be of practical utility, in the school-room.

The Normal School at Framingham is only one of many schools where household arts are now taught, but it was the first *State* school to introduce such training and to adjust its courses to the other regular branches of a normal school, since at Framingham household arts is not a substitute for, but an addition to, its regular normal training.

Any teacher in country or city affects the home life of her pupils consciously and unconsciously; yet to the teacher of household arts, whose pupils often come from a family life where wise economy and healthy food are unknown, is given fuller opportunity to enrich the homes of others than usually falls to the lot of regular grade instructors. When this is done without benevolent interference with parental rights, the

condescension of superiority, or the friction of social classes, then do all pupils, rich or poor, native or foreign, take courses in household arts simply as a most valuable part of school experience, which is sure to be useful to each one at some time or other.

In this way, household work becomes an industrial profession worthy of technical, scientific, and artistic training. In this way, no one need dread doing her own work; and, as knowledge passes over from the school-room into family life, homes are endowed with power to become healthy, happy, and sane.

Garnishes

By a Mere Man

IN the discussion of this subject reference will be made to various forms of garnishing, and it should perhaps be explained that every example was selected from the more pretentious culinary works of recent date, and that in nearly every instance choice was made among those that had been considered sufficiently satisfactory to picture forth in half-tone or other illustration. Further, it should be added that the intention is to suggest them for consideration as to whether they are good or bad, not to imply necessarily that they are either.

Garnishes have an æsthetic purpose solely, being designed to ornament the food we eat, and, by first pleasing the eye, render the viands more acceptable to the palate. Within these limits there is ample scope for decorative ability, and within these limits it should be confined. Ornamentation that is repulsive to the finer sensibilities in any way surely defeats its purpose. It may be something that will disgust on the physical side, and so check any possible awakening of the appetite. Thus, in our modern day, probably no one would be attracted by a fringe of live snails around the platter, though we still condescend to the aristocratic little neck and the slimy raw oyster. On the other hand, if the garnish be merely incongruous or inartistic, it will do no great harm to the guest, even if it excite his mirth; but it proclaims only too plainly the lack of taste in the cook, and should, preferably, be omitted altogether.

One mode of serving food is to imitate nature in some way, as when a fish is boiled whole, and so brought to the table. Many people consider this a bit too realistic, but the majority—on the principle, I suppose, that, if one is to eat fish, the appearance cannot be displeasing—find it a satisfactory variation from more common methods. Granting that it be so cooked, can it be decorated to advantage? Usually, it is displayed upright in the so-called swimming position, and frequently upon a bed of lettuce leaves or surrounded by a miniature ocean of spinach. If to the waves one wishes to add a little froth and foam of stiff cream mayonnaise, have we gone too far?

The next step away from realism is to treat the food as desired, and then return it to as close an imitation of its original state as may be within the skill of the cook. Thus the fish instanced above is merely cleaned and cooked, but with a lobster the flesh is often removed from the shell, made up into a salad, and then returned to the carefully cleaned carcass and tail for serving.

This, again, is well enough from some points of view; but how about the custom of sticking a small lobster claw into the end of a lobster cutlet? If this seems good, shall we further place a rice croustade in the centre of the serving dish, stick the large claws upright in this, and finally surround it all with a circle of overlapping cutlets? Think it over, and we will reconsider it below. If your answer is favorable, may we not take our boned quail upon a dish, garnish them with scrolls and rosettes of pea purée forced through a pastry bag, and daintily top off with the claws stuck here and there, like candles in a birthday cake?

The third step, still further from the intensely realistic, is to serve one sort of food in imitation of another or of other objects; *e.g.*, mushroom meringues. To this there can be no objection whatever, so long as the article imitated be one that might in reality be eaten with appreciation.

So far, it all seems a jumble, a matter of good taste; and in that who shall be the doctor? Let us see, however, if we cannot educe a few principles from this hotch-potch. As a start, I will lay down the dogmatic statement that all garnishes and decorations, preferably, should be composed of food substances, of something that is to be eaten as a part of the dish, or, at the least, of something that might properly be eaten with relish at another time.

The reason for this lies, in most cases, in the æsthetic plane, but branches across it in various directions. The first appearance of a dish, as it is brought to the attention of the prospective consumer, is not the only thing to be considered, though it may be the most important item. It should be taken into consideration how it will look after serving.

Thus, when the lobster cutlets grouped about a rice croustade shall be served, there will be left upon the platter for the rather dubious edification of the eye a mound of rice surmounted by two pieces of refuse. The small claws stuck in the ends of the cutlets at once become refuse, also, when one begins to eat, and must offend the eye till the course be finished. The query is, Should that which is strictly refuse be used for a purpose intended to be wholly ornamental? If refuse must be used, is it not better to rely upon the cleanly little paper aigrettes? For, as a lobster cutlet is not made in imitation of anything save itself, the claw can add no sense of illusion; and, inasmuch as there is no occasion whatever to touch this food with the fingers, the claw cannot possibly be deemed a handle, nor can reliance be had upon a paper frill, as if it were a French chop.

On the other hand, consider the question of serving boiled cabbage in a bowl of cabbage leaves, *au naturel*. Here, while the uncooked leaves are not intended to be eaten at the moment, they are a palatable food and one which will offend the eye to a minimum as left upon the serving-dish. This introduces the open question of putting individual salads, as celery with mayonnaise, in raw turnip cups, save when the cup is actually designed for consumption also. Again, shall we serve baked squash in its shell? and, if yes, shall we serve macaroni in an Edam shell? Are these the same in principle as the turnip cup above? And in which class should the pineapple sherbet be placed, when served in a pineapple shell? Does the mere flavor of pineapple furnish a reason for packing the ice in a refuse rind?

Once more, and we are met by various dishes garnished with flowers, plants, etc. A flower may be less unseemly than a lobster claw, when discarded on the plate; but is it a thing to put with food? Does a mound of Bavarian

cream, made with a hollow core, have its simple attractions enhanced by doing duty as a vase for a clump of narcissus, or a Christmas pudding by being stuffed with holly? For this last we may plead long custom and a certain pagan connection with the day. Shall the same excuse apply to the birthday cake with its candles, planted, as it were, around a bier? Then, if the narcissus and holly be acceptable, 'tis but a step further to moulding pansies and roses in jelly, much as if they were in aspic. Do you hesitate at this, and would you at the bunch of grapes put in the same jelly in place thereof? One, you see, at the given time and place is food, and the other refuse.

Consider the striped and checkered sandwiches made by much manipulation of different kinds and colors of bread. Here the objection, if any, comes in the strong suggestion of much handling of the food prior to its appearance on the table. This is pushing the question far, which evidently is an open one, as is also that of the triangles of jelly, and clubs, hearts, spades, etc., of vegetables, as often used.

After all, when I remember the slices of cold boiled ham garnished with nasturtium leaves and blossoms, I am prone to think that, like many another, the only flower poor piggy ever had were those over his carcass, and feel disposed to forgive the cook. Do you?

Food in Little Italy

By Julia Davis Chandler

IF foreign travel be impossible and books about other lands only tantalizing, you may find quite a little diversion and gain some information by visiting the foreign quarters in our large American cities; for there many people live in much the same way that they did in their homes across the seas.

Without undue tax upon your vocabulary or purse, you can go to the Italian shops. Some of the stores you will find orderly and clean, where you will be waited upon by swarthy men. Or you may encounter a dashing brunette whose eyes look as if they could flash all too gayly in the excitement of the tarantella, and who glances boldly at you, not desirous of answering your inquiries, and shrieking in a vixenish manner at some mild youth peacefully reading a paper, when he essays to call "Boss" for the owner of the shop to come and interpret for you.

Do not feel dismayed by this experience, for at the next place you may find a young mother tending shop, with her baby in her arms, looking markedly like the gentle, oval-faced Madonnas of Raphael. Besides the little shops there are large Italian importing grocers, where men who understand foreign edibles and like good living are wont to go for fine cheese and wines at a moderate price. There will be wine known as "Chianti" and sweet red "Lachryma Christi," which suggests port, but is not so astringent. As one girl said: "I did not know what Lachryma Christi was until I went into an Italian shop. When Cousin Millicent mentioned it in a letter from Italy, I supposed from the name it must be a sorrowful carving in a church or wayside shrine."

On the walls and ceilings of the Italian groceries are hung many hams and

cheeses, the latter shaped like a gourd and dark-colored from the manner of curing. Slice across one, and the fine, firm texture, pleasant flavor, and yellow color will be revealed. Some are made of sheep and goats' milk. There will be Caciovalli, Provoli, Pecorino, Toscano, and Roman, besides the more familiar Gorgonzola, and Parmesan.

Of course there are sausages and quantities of sardines, anchovies, tunny fish, pickled eels, dark ripe olives, and green ones, red peppers, and dried fruits. Under the name of *pomidoro* one may recognize our familiar tomato. It comes as a thick paste, either in cans or in large receptacles, from which it is sold by the pound for making soups and sauces and for macaroni dressing. Without a great array of macaroni pastes it would not be an Italian shop. Artichokes in cans are for sale, and are very cheap,—the globe or French artichoke, not the tubers. Oranges and chestnuts are sold by the curbstone venders.

At the confectionery stores you will find almond candies predominating, in all colors, both soft and brilliant; for it is the hard, sugar-coated almonds that are preferred. Hazel-nut nougat is forty cents a pound, very solid with nuts,—unblanched, which is a pity,—and here and there bits of citron with the nuts. At little bake-shops are very nice almond biscottines; and apple patties, two for five cents, have delicate pastry prettily edged and a well-prepared filling. The kindly patrons stand back, and let you buy first; for they see that you are not one of them, and kindly explain what the various things are composed of, if the attendant cannot do so.

Not only at a restaurant conspicuously labelled "Cosmopolitan" do you see an American pie, but almost everywhere you go, even the "crumb pie" of the Pennsylvania Germans, if it is in Philadelphia that you choose to go a-hunting. Will you enter the Café Mascagni, and hear the music, if you are told the owner is a relative of the noted musician of that name? Further on is the Café Posilippo. Will you venture in there for shell-fish, as if you were on the Bay of Naples? Or at a more showy corner place, with a large display window, where you see "Restaurante di Roma," will you try some of the mushrooms and raviolis? Or will you go further to the Restaurant della Bella Napoli? In the window are fresh liver, fresh egg plant, some pies, a basket of mushrooms, cream cakes, croquettes ready for frying, and a platter of raviolis, ready for their final cooking.

Raviolis are a form of dumpling. A boiled noodle dough is stretched very thin, and on it at regular intervals is placed high-seasoned, chopped meat or vegetables. When half has been so filled, the other half of the pastry is carefully lifted and placed over the top. The separate, little, flattened mounds of filling are then cut out with a sharp cutter, often with scalloped edges, and the edges of pastry are then pressed together with a little milk or water, to aid in uniting them. Then they are ready for the final cooking, but are usually set away awhile. When the meal is to be served, they are lifted with care, as the thin dough breaks easily, and are poached in broth or salted water. Lift them with a salted skimmer, when done, draining off all water or broth. In a frying-pan, containing plenty of hot butter, fry some bread dice until crisply brown. Pour the browned butter and bread dice over the raviolis, and serve at once. Bread crumbs are mixed with the meat filling, and bound together with yolk of egg sometimes. Again, giblets are used, and the raviolis are served around boiled fowl. Cauliflower is a suitable vegetable, with a little cheese sauce, for raviolis. Garibaldi once remarked

that the thought of raviolis sometimes tempted him to give up camp life and warfare for peace and home life.

If you do not know where to purchase, a few pennies will make many a child anxious to be your guide from shop to shop. As they attend school, they make ready interpreters. Examine the Italian shapes of bread, so made as to secure the largest amount of crust by ingenious slashings. There is "star bread," *stella dei pane*, and ring-shaped twists and square sheets of "pepper bread." This pepper bread is wet with olive oil and dredged with black pepper, to create thirst, just as the Germans use a salted pretzel as an appetizer. Italian breads are made of good hard wheat flour. A laborer will make a meal from a loaf split and spread with sliced onions. A strange example is here given of an immense loaf shaped like a man, with a cheese in one hand and a basket of fruit in another, and all the articles of dress and ornament modelled with care, so much more difficult to do in bread that rises than in cookies or crackers. For All Souls' Day, in Brescia, Italy, it is said, by Mrs. Buckland, that breads are made in the form of bones of the leg or arm and jaw bones set with almonds for teeth. Such symbolic breads are grotesque.

Italy's greatest poet, Dante, has said that other people's bread was bitter, and other people's stairs hard to climb. And another poet who loved Italy well has said:—

"What if the bread be bitter in thine inn and thou unshod
To meet the flints? At least, it may be said,
Because the way is short, I thank thee, God!"

Probably some little inn and poor bread there, and the mountain reaches above it, seemed typical to Mrs. Browning of

(*Continued on page* 300.)

Lessons in Cookery and Food Economy

By Mary D. Chambers

Lesson III

Flour Mixtures

THE lessons on flour mixtures can be completed in from two to four double periods, or they may be extended over several weeks, at the discretion of the teacher. The time occupied will depend on the length of the course, the size of the class (the time taken to complete any division of the subject being usually in inverse ratio to the number in class, owing to the possibility of "rushing" a small number of students, where much individual attention can be given to each) also, and in no small degree to the proficiency or the previous experience of the students.

In perhaps no other branch of cookery are the students so fatally bound to the formal recipe, which, educationally, has been found by the writer unstimulating to thought and subversive of originality. In order to foster both thoughtfulness and originality, the students are told, at the beginning of this work, that their cooking should be as original as their handwriting, and that model recipes are given them only that they may dis-

cover from them a few underlying principles to guide them in making a variety of original combinations.

I

Proportions in Flour Mixtures

Griddle Cakes

Two cups of flour, one-half a teaspoonful of salt, one teaspoonful of baking soda, one teaspoonful of baking-powder, two cups of sour milk (just clabbered). Mix dry ingredients, carefully sifting soda free from lumps. Add dry to wet, stir to a smooth batter, and cook on hot griddle. Turn when upper surface is full of bubbles, and firm enough not to "run."

This recipe will make sixteen cakes.

Note.—Melted butter, stirred the last thing into the batter, can be used in the proportion of one to two tablespoonfuls to one cup of flour. For individual work, in this and most of the succeeding recipes, a quarter cup of flour, making two small cakes, was allowed each student. One cake was cooked on the ordinary griddle, the other on soapstone, and the results were compared.

The reason for using soda and baking-powder in the same mixture will be explained in a later lesson.

Muffins

Two cups of flour, one-half a teaspoonful of salt, 4 teaspoonfuls of baking-powder, two tablespoonfuls of sugar, one cup of milk, two tablespoonfuls of butter. Rub butter into flour with tips of fingers. Add remainder of dry ingredients. Stir dry into wet, making a thick batter, and bake in greased muffin-pans.

Emergency Biscuit

Two cups of flour, one-half a teaspoonful of salt, four teaspoonfuls of baking-powder, two to four tablespoonfuls of butter, fresh lard, or other shortening. Two-thirds a cup of wetting, which may be milk, water, or a mixture of both, or egg beaten in water, in the proportion of one egg to a pint of water, may be used in case of need. Mix dry things. Chop butter into dry mixture, using the back of a steel pronged fork. Add dry ingredients to wetting, and mix very lightly to a soft dough. The dough should be spongy and porous-looking and rough on top. Drop by spoonfuls into greased muffin-pans, and bake in a quick oven. Shortly before removing from oven the tops should be brushed over with milk, if this has not been used for wetting, or with a mixture of sugar and water,—one tablespoonful of sugar to one cup of water.

Plain Pie Crust

One cup of flour, one-fourth a teaspoonful of salt, one-third a cup of shortening, equal parts of butter and lard, or any preferred shortening, one-fourth a cup of water, as cold as possible. Mix flour and salt. Chop shortening into flour. Add to wetting, and mix lightly to a stiff dough. Place on lightly floured moulding-board, and roll out to one-fourth an inch thick. Fold one-third of the sheet of pastry toward the centre. Fold the remaining third over the double sheet formed by the first fold, and roll again until one-fourth an inch thick. Repeat this process until the folding and rolling have been performed three times. This crust does very nicely for apple dumplings, or for lining the pan for a one-crust pie. The proportions given will line two large pie-plates, allowing for "building up" the rim. A good filling for one such pie is given below.

Date Cream Pie

Four tablespoonfuls of butter, four tablespoonfuls of flour, one-half a teaspoonful of salt, one-half a cup of sugar, two cups of rich milk. Melt butter, stir in flour and salt, add milk, and stir over fire until it boils. Add sugar, with one cupful of stoned

and chopped dates, and cook a little, at low temperature, until dates are soft. Add two well-beaten eggs, pour into lined pie-plate, and bake until crust is brown.

From these four first recipes the student is expected to discover:—

1. The four essentials in a flour mixture; *i.e.*, flour, salt, wetting, and leaven. The leaven is either CO_2, generated under different circumstances, or air, beaten or folded in, or expansion of liquid. In most flour mixtures all three agents are in action.

2. The general proportions of wetting to flour in a thin batter, a thick batter, a soft dough, and a stiff dough. These proportions, owing to the variation in gluten content of different brands of flour, can only be approximate; but a good general rule has been found to be 1 : 1, 1 : 2, 1 : 3, and 1 : 4, respectively. This must always be modified by the appearance of the batter or dough, a thin batter being about the consistency of fairly thick cream, a thick batter one whose surface will not immediately become level when poured into pan, a soft dough one which will stick to sides of bowl, a stiff dough one which will not so stick.

3. The general proportions of salt and baking-powder. In the recipes given, the proportion for baking-powder holds good only when eggs, or special manipulation designed to introduce air, are not employed.

4. The general method of mixing a plain batter or dough. The wetting, being the measure of the finished product, is constant; and the dry material should be added until the desired thickness is attained. As the proportions given are for a flour with a high gluten content, there is very little danger of waste from excess of dry mixture measured. Another advantage in adding dry to wet was voiced by a labor-saving student, who said, "You don't have so many dishes wet all to once."

II

Effect of Egg in a Flour Mixture

1. A thick batter is made,—basis, one cup of flour. The butter is omitted; and sugar, one-fourth to one-half as much as flour, is added. Half a cup of chopped fruit is added the last thing, and the whole is steamed for one hour in a greased mould.

2. A similar batter is made, to which is added, just before the fruit, one well-beaten egg. Steam as before.

3. A third batter is made, to which an egg, having the yolk and white separately beaten, is added. The beaten yolk is mixed with the milk. The stiff-beaten white is carefully folded in the last thing. Steam as before.

Compare: Which rose the highest? The next highest? How much baking-powder could be deducted, when beaten egg is used? How much when the yolk and white are beaten separately? Which batter is the softest? (note in which the fruit sank the most). How much flour should be added to make up for the "wetting" effect of the egg? (This should make the basis of a new experiment by the students.) Which pudding was the toughest? What could be added to counteract the toughening effect of egg? (This, also, should be the basis of another experiment.) What were the other effects of the egg in the mixture?

Effect of Sugar, Milk, or Butter in a Flour Mixture

These studies are made separately, any of the type batters being chosen. Sugar is added in varying amounts, up to a maximum to be discovered by the students. Butter is used in the same way, and milk, as wetting, compared with water. Several general rules for flour mixtures are then formulated for future guidance.

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NEW AND YET OLD

I.

Lo! the new moon!

We see her dainty silver boat
Amid the isles of cloud afloat;
Gladly we greet the little barque,
As twilight melts into the dark.

And yet—'tis but our old moon, still,
That nightly did her course fulfil;
Like the angelic hosts, she kept
Her faithful watch the while we slept.

II.

Hail the new day!

Again the dawn doth paint the skies,
Again the sea transfigured lies;
And, fain to greet the opening day,
The birds take up their roundelay.

Yet 'tis the same dear golden sun
That round the world his course hath run,
Though never just *this* pageant gay
Was spread to welcome in the day.

III.

Greet the New Year!

Yes, once again the chance is given
To make our Earth a little Heaven,—
The same dear Earth that seems the best
Of worlds to those whom love has blest!

New courage comes, my soul, to thee!
Face the New Year which is to be!
In faith and love its days be passed,—
Perchance this year shall be thy last!

—*Helen Knight Wyman.*

IN RETROSPECT

THE season has come for taking account of stock and planning for the future. The days in which we are living are full of interest. The world is no longer far away, with parts unknown. At each recurring morn we can look over the earth, and note what has taken place in the past twenty-four hours; and we find that the footsteps of events are following one another in swift and ever swifter procession. How many things of wondrous interest have been crowded into the period of a lifetime now passed, into the past year, even! Our fathers never saw an electric motor or an automobile, nor did they ever dream of the telephone or wireless telegraphy.

The intellectual life of an individual, as that of the race, is a growth, a development. As individuals, we do not attain full consciousness until life is mature. We start out encumbered with ancestral prejudices and environments, only to find, in time, that real life is quite a different problem from what we had thought it to be. Our education is apt to be narrow, sectarian, and one-sided. As consciousness matures, our one-time beliefs become superstitions. We abandon our idle day dreams, and begin to look upon life as it is. In youth education is only begun. In practical life we gain wider

experience and clearer vision of man and history. And things begin to appear more nearly as they are.

But what is the meaning, the lesson to be drawn from this so brief a retrospection, a mere suggestion for thought? First, our interest in the affairs of life should never cease. We should keep in constant touch with the spirit of our age, and add our mite to the general contribution for the betterment of the condition of life and the uplifting of man. Secondly, we should be honest with ourselves and honest in our dealings with our fellow-men. The need of the day is a sixth sense,—that of downright, every-day honesty. The world is tired of fraud and graft and selfish greed.

"This above all,—to thine own self be true;
And it must follow, as the night the day,
Thou canst not then be false to any man."

With the greetings of the season and our best wishes for a happy and prosperous year to all our readers, the *Cooking-School Magazine* enters upon the year 1906.

PURE-FOOD CRAZY

PEOPLE are said to have gone pure-food crazy. This may be an exaggerated statement. At any rate, the present agitation in behalf of pure food must result in common gain and welfare to all men. We cannot be too securely protected against impure or adulterated food-stuffs. Purity of food products is of such importance that it calls for legislative action and control, and the laws in relation thereto should be rigidly enforced.

At the same time, as in case of alcoholic beverages, each individual must be more or less a law unto himself. As we have said before, the staple foods cannot be easily adulterated. There is no object in so doing. We are not conscious of affliction from adulteration of food products. We have come in contact with nothing that could be thus designated. On the other hand, food poor in quality, ill-prepared and ill-cooked, is all too common.

In practical application, then, if one were asked to state what articles of daily use in the average family were likely to be adulterated, the answer might not, we surmise, be very definite or conclusive. Patent medicines might be referred to. But patent medicines are not articles of ordinary diet. How is it with flavoring extracts? Few and rare are the dishes that are flavored with extracts, and, doubtless, even these would be better and more wholesome without the foreign flavor, be it ever so pure and harmless. Salt is the best of savors, and salt is not easily contaminated. But what can be said of canned goods? Certainly, these are most extensively used, and by all classes; and that an opportunity is afforded here for adulteration is true, indeed. The way of safety lies only in the use of brands of standard quality, and those that have been placed legally upon the market.

It is stated that there are 75,000 food manufacturers in the United States. These produce for distribution some 750,000 brands of foods, and these brands are constantly changing in character and quality. It will appear, at once, how absurd it is for a single individual or concern to pose as food censor. The matter calls for eternal vigilance on the part of city, State, and national governments.

Home cleanliness, plain food, carefully selected and well prepared, are the surest safeguards to the well-being of home life. The main point is simple, wholesome articles of diet are not apt to be adulterated. People want to know just what they are buying and using.

IN no sense is the *Cooking-School Magazine* a local publication. Each issue is designed to meet the wants of students of domestic science and progressive housekeepers everywhere. Some of our most appreciative readers are from homes in California and in the provinces of Canada.

For ten years the magazine has had a uniform and steady growth. We have a large number of subscribers who have received and preserved every copy of the magazine. In the past few weeks we have added to our list many more new names than in any corresponding period of the past.

It is our purpose to improve the magazine, to make each number better and more practically useful to housekeepers in general. Plain, wholesome, scientific, economic living we teach. Claiming nothing, boasting naught, but simply trying to do faithful, honest work, especially in culinary matters, the magazine is conducted exclusively in the interests of domestic science and American home life.

TESTING ADULTERATED FOODS

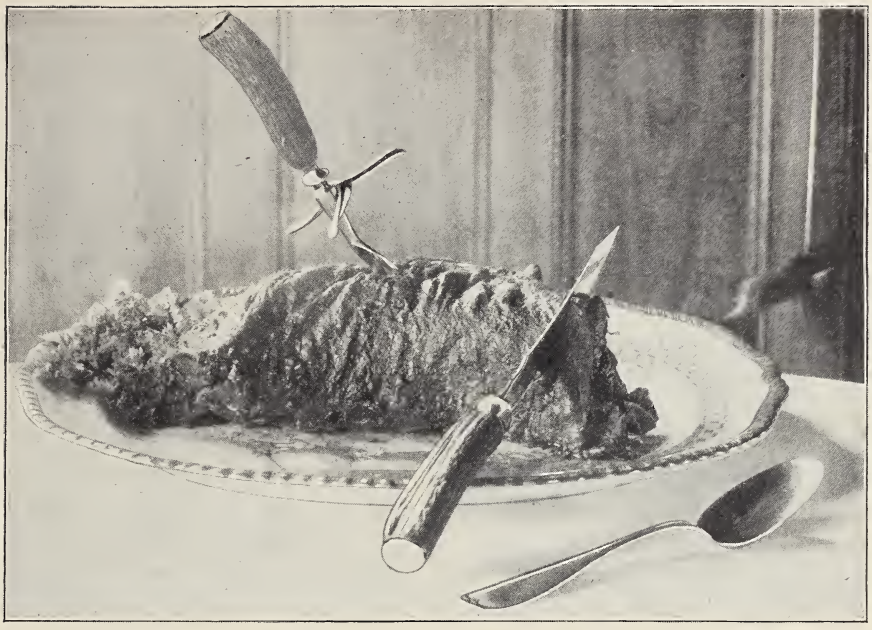
A. G. Woodman, of the Massachusetts Institute of Technology, in the *Ladies Home Journal* says:—

"Baking-powder is a substance which varies much in composition and in quality, and is easily tested in the household. It is not necessary to enter into any discussion as to the comparative healthfulness of alum or of cream of tartar in baking-powders. As a matter of fact, any baking-powder leaves, after baking, a residue which in sufficient quantity exercises disagreeable effects on the human system. It suffices for the housewife to know that alum is considerably cheaper than cream of tartar, and, if a cheap substitute is in the powder for which she is paying a good price, she wants to know it. A little common sense in regard to price and 'premiums' will not go amiss. When six cakes of soap, one package of soap-powder, one bottle of ammonia, and one bottle of bluing are given away with one pound of baking-powder at thirty-nine cents, the inference is a good one that the powder does not contain the expensive cream of tartar.

"In some cases, however, it may be necessary to test for the alum. Procure from the druggist five cents' worth of logwood chips, cover them with water, and let the mixture come to a boil. Do this three times, rejecting the decoction each time. The fourth extract of the logwood is what is wanted for use. Shake a couple of teaspoonfuls of the baking-powder in a small bottle half filled with water. When effervescence has ceased, add vinegar until the mixture is distinctly acid. This you can tell by means of a bit of litmus paper, which the druggist will furnish when the logwood is purchased. Put a bit of the litmus paper into the bottle, and, when the blue color changes to red, the solution may be known to be acid. Now add five or six drops of the prepared logwood extract. If alum is present, a bluish-red color will be apparent: if there is no alum, the color will be yellow."

In my young days I was always pleased to hear a ring at my door. Ah! thought I, now for something pleasant. But in later life my feelings on such occasions were rather akin to dismay than to pleasure. Heaven help me! thought I, what am I to do? A similar revulsion of feeling in regard to the world of men takes place in all persons of any talent or distinction. For that very reason they cannot be said properly to belong to the world. In a greater or less degree, according to the extent of their superiority, they stand alone. In their youth they have a sense of being abandoned by the world; but, later on, they feel as though they had escaped it. The earlier feeling is an unpleasant one, and rests upon ignorance: the second is pleasurable, for in the mean time they have come to know what the world is.—*Schopenhauer.*

All effort of hand and brain is expression. No two natures express the same thing or in the same way. The hand does no useful thing, save as it is directed by thought; and the higher and nobler the thought, the more divine the joy of life.—*Hubbard.*



Carving Knife and Fork disposed as in carving Loin of Lamb. See page 293

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Consommé, Queen Fashion

Prepare the usual consommé, clearing it carefully. About two quarts will be needed to serve eight. Pass, to be eaten with the consommé, tiny chou paste puffs, made with cheese and filled with a chicken purée, made as below.

Puffs for Comsommé, Queen Fashion

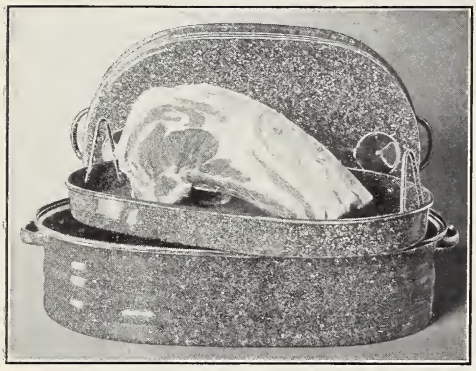
Put one-fourth a cup of boiling water and two tablespoonfuls of butter over the fire. When the mixture boils, stir in one-fourth a cup of flour, and continue to stir until the mixture may be gathered into a ball, then remove from the fire and to a cold dish. At once beat in one egg and the yolk of another, and a generous tablespoonful of grated Parmesan cheese. With a teaspoon or a pastry bag and tube put the mixture onto a buttered sheet in small round shapes, brush over with beaten white of egg, and bake. About fifteen minutes' baking is needed. When cold, open the puffs at one side, and fill with a purée of chicken or of *foie-gras*.

Chicken Pureé for Puffs

Pound half a cup of cooked chicken breast, chopped fine, with two tablespoonfuls of butter and two level tablespoonfuls of cold white or Bechamel sauce. Season with paprika and salt, as needed. When smooth, press through a sieve, and use.

Sardines in Aspic (Helen Armstrong)

Cook together half an hour a sliced



Standing Rib Roast arranged for Cooking in Self-basting Roaster

onion, carrot, and stalk of celery, a bit of parsley, bay leaf, mace, several whole peppercorns, and a pint of water. Add a teaspoonful of beef extract, half a teaspoonful of salt, and a third a box of gelatine, which has been softened in half a cup of cold water. Color this a delicate green with either spinach or color paste, and strain all through a napkin. Pour a very thin layer into a plain mould, and, when it is firm, decorate with slices of white of cooked egg and beet, cut into fancy shapes. Cover with liquid jelly, and, when this is hardened, add a layer of drained sardines,



Sausage with Fried Cereal and Bananas

wiped free of oil. Continue with jelly and fish until the mould is filled. Chill well before serving. Garnish with slices of lemon covered with minced parsley. Serve with strips of Graham bread covered with Parmesan cheese stirred into whipped cream. Strips of olive or sifted yolk of egg may be used instead of the beet, which sometimes stains the jelly.

Spaghetti Creole (Miss Matern)

Cook half a pound of spaghetti in salted, rapidly boiling water until tender. Let one pint of canned tomato, three-fourths a cup of sliced onion, and half a teaspoonful of salt cook until the onion is tender. Stir a pound of Hamburg steak in a very hot frying-pan until it turns from red to brown, then add the spaghetti, drained and rinsed in cold water, half a cup of butter, half a cup of grated cheese, and the cooked vegetables. Lift the whole with two forks, or a spoon and fork, until the ingredients are evenly mixed, then serve at once.

Sausage with Fried Cereal and Bananas

Prick the required number of sausages freely with a fork, and set them, covered with cold water, in a saucepan over the fire. Let simmer ten minutes, then drain, and set into the oven to brown. Heat some fat, from a previous cooking of sausage, in an iron frying-pan, and in it cook thin slices of cold breakfast cereal, dredged with flour. Let the cereal become brown on one side, then turn, and let brown on the other side. At the same time have ready bananas removed from the skin and cut in halves lengthwise, and then crosswise. Dredge these on both sides with flour, and let cook in the hot fat until brown on one side, then turn, that the other side may be browned.

Broiled Tripe with Bacon Rolls

Simmer fresh tripe in boiling water until very tender (it will take five or six hours of cooking), add salt during the last of the cooking. Drain, and set aside in a covered dish until ready to use. Brush over the portion to be used (honeycomb tripe is considered the best) with partly melted butter or bacon fat, and set to cook over the coals or under the gas-burner. Let cook three or four minutes, then remove to a hot platter, season with a little salt, if needed, and spread over the top as many slices of broiled bacon as there are individuals to serve. Bacon rolls may replace the broiled bacon. To prepare these, run a toothpick through each slice of bacon, rolled up like a jelly roll, immerse all at once (in a basket) in hot, deep fat. Let cook a minute, then drain, and use as specified. A quarter of a lemon should accompany each portion.

Old Style Cheese Balls

Grate one-fourth a pound of cheese. To this add three rounding tablespoonfuls of grated bread crumbs. (The crumbs should be soft, from the centre of the slice, and measured light.) Add also two level tablespoonfuls of fine-chopped, cooked ham or bacon, two level tablespoonfuls of butter, and a well-beaten yolk of egg, one teaspoonful of dry mustard, and a dash of paprika. Work these in a wooden bowl with a pestle until they are thoroughly blended and very smooth, then shape with the hands into balls the size of walnuts, and flatten them to the thickness of half an inch. Dip these in fritter batter, and fry until light brown in deep fat. Only a little batter is needed. A little left in a cup after frying Swedish timbale cases or Scandinavian rosettes will suffice. Serve hot with plain lettuce or cress salad, or with crackers, at the close of dinner or luncheon.



Old Style Cheese Balls

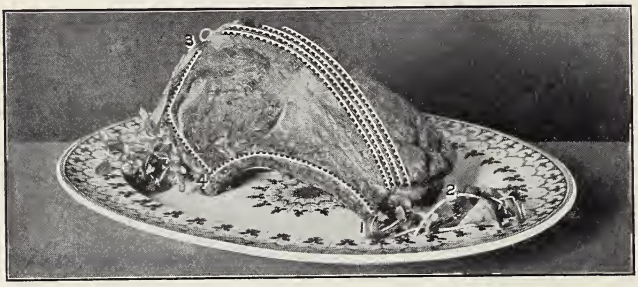
Chicken-and-Oyster Pie

Have ready a fowl, cleaned and disjointed as for a fricassee. Cover with cold water, and bring quickly to the boiling-point. Let boil five minutes, then move to a cooler part of the range, and let simmer until nearly tender. Season with salt. About half an hour before the chicken is cooked, prepare the crust. Pass three cups of sifted flour, six level teaspoonfuls of baking-



Chicken-and-Oyster Pie outlined for Carving and Serving
See page 294

powder, and half a teaspoonful of salt through a sieve, together, three times. Then, with the tips of the fingers, work in from one-third to one-half a cup (as richness is desired) of shortening. When the ingredients are well blended, stir in milk, a little in a place, to form a soft dough. Take it out on to a floured board, knead slightly to get in shape, then roll out to fit the top of the pie-dish, and cut crosswise slits in the centre of the dough. Put the chicken in the dish, filling the vacant spaces between with a quart of oysters, washed and carefully examined, to free them from bits of shell. Cross the drumsticks in the centre of the top of the dish. Season the broth with salt and pepper, if needed, and add a few bits of butter. Brush over the edge of the dish with cold water, and put the crust in place, letting the crossed drumsticks emerge from the central opening. Bake half an hour. Cook two teaspoonfuls of cornstarch, diluted with cold water, in a cup of boiling water, and, just before removing the pie from the oven, brush over the crust with the starch, to give it a glaze.



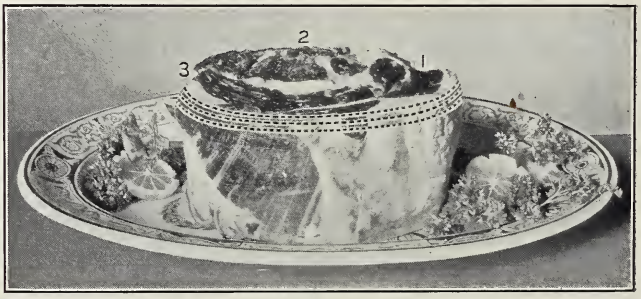
Standing Rib Roast outlined for Carving. See page 292

Canned Pumpkin (Miss Matern)

Select sweet pumpkins, firm and fine-grained. Cut in pieces without paring, free from seeds and stringy substance, and steam until tender. Scrape the pulp from the rind, and press it through a sieve. Let cook in a granite saucepan on top of the stove or in the oven until considerable of the moisture has evaporated and the mass is quite dry. Put this into glass jars, very solidly, adjust the rubbers, and set the covers in place. Now set the jars on a cloth laid over the rack of a steamer, cover, and let cook one hour. Then screw down the covers, and, when cold, set aside. Prepare squash in the same manner.

Mince-meat (Recipe used at a "Woman's Exchange" in a Western City)

Chop fine, and separately, three pounds of cooked lean beef, two pounds of suet, and one peck of tart apples. Add two pounds of stoned raisins, half a pound of sliced citron, one-fourth a pound of candied orange peel, one quart of canned cherries, one pint of apple butter, two cups of cider, two pounds of currants, one glass of orange marmalade, one quart of grape juice, and two tablespoonfuls of salt. Scald, and store in fruit jars as canned fruit.



Rolled Rib Roast outlined for Carving. See page 293

Quaker Pie (Emma C. Matern)

Fill a plate with sour apples, Baldwins or Greenings. Cut them in quarters and once again. Cover with a good paste. Bake till the apple is soft and the crust a nice brown. Take off the crust, and turn it over onto the plate upon which the pie is to be served. Season the hot apple with a little butter, sugar, nutmeg, and salt. Mix well, and put smoothly over the crust. Beat the whites of two eggs dry, and in another bowl beat stiff three tablespoonfuls of thick cream. Fold together, adding one heaping tablespoonful of powdered sugar and a few drops of vanilla. Spread this over the apple, and serve at once.



Sirloin Steak outlined for Carving. See page 293

Fairy Squash Pie (Emma C. Matern)

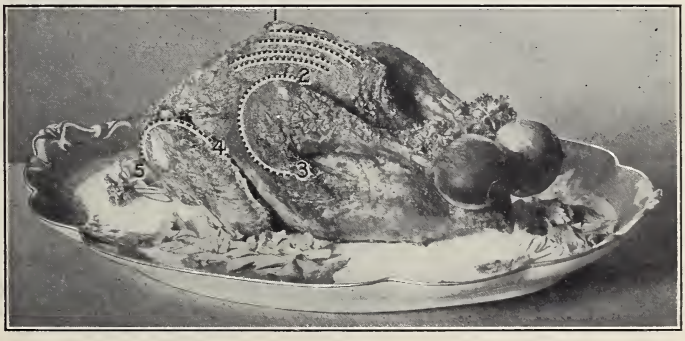
Cream one tablespoonful of butter. Beat into it one-fourth a cup of sugar, two eggs, beaten light, a tablespoonful of maple syrup, half a cup of sifted squash, one-fourth a teaspoonful, each, of cinnamon and ginger, and one pint of rich milk. Bake in a plate lined with pastry.

Black Pudding (No Eggs) (Miss E. C. Matern)

Pass through a sieve, together, three cups of flour, half a teaspoonful of salt, half a nutmeg, grated, and one dessert spoonful of soda. Through these mix one cup of chopped suet, and, when well blended, add one cup of seeded raisins, one-fourth a cup (or less) of unblanched almonds, chopped fine, three or more figs, chopped fine, one cup of chopped apple, and two ounces of citron, chopped fine. Mix thoroughly, then stir to a dough with half a pint, each, of black molasses and sour cream. Butter four baking-powder cans, pound size, and in these steam the pudding three hours. If these are to be kept some time, let them dry by standing in the oven fifteen minutes after the cooking is finished, then steam half an hour before serving.

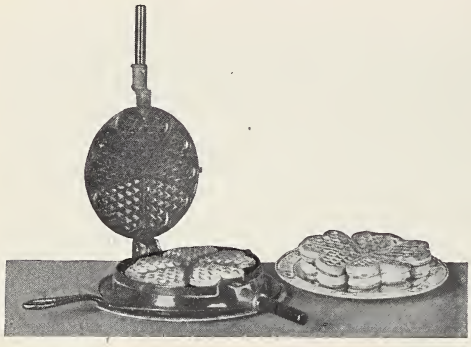
Grape-fruit Salad, New Style

Carefully remove, to avoid crushing it, the pulp from two grape-fruit, cut in halves. Slice bananas to equal half the volume of grape-fruit. Prepare a cup and a half of mayonnaise



Roast Turkey outlined for Carving. See page 294

dressing, using lemon juice instead of vinegar, then grate one or two tart apples, and beat them into the may-



Heart-shaped Waffles and Iron

onnaise as fast as they are grated, to avoid discoloration. Let the dressing become very cold, then mix with the chilled fruit, and serve at once on heart leaves of lettuce.

Waffles (Sweet Milk)

Pass through a sieve, together, two cups of flour, half a teaspoonful of salt, and three teaspoonfuls of baking-powder. Beat the yolks of two eggs, add one cup of milk, and stir into the dry ingredients with four tablespoonfuls of melted butter. Lastly, add the whites of two eggs, beaten dry. Have the waffle iron hot and well oiled, put a tablespoonful of batter on each section (heart-shaped in illustration), set the cover in place, and, when baked to a golden brown on one side, turn, and brown the other side. Waffles are crisp griddle-cakes.

Waffles (Sour Milk)

Pass through a sieve, together, one cup and a fourth of flour, one-fourth a teaspoonful of salt, and one-half a teaspoonful of soda. Beat the yolks of two eggs, add one cup of thick sour milk (better if part sour cream), and stir into the dry ingredients with four tablespoonfuls of melted butter. Lastly, add the stiff-beaten whites of the eggs.

Mrs. Gould's Crullers

Pass through a sieve, together, three or four times, three cups of sifted flour, four (level) teaspoonfuls of baking-powder, half a teaspoonful of salt, and a grating of nutmeg. Beat one egg, beat in half a cup of sugar, four tablespoonfuls of melted butter, and half a cup of "skim milk," and stir these into the dry ingredients. Cut off small bits of dough, and roll these, one by one, under the fingers to form pencil-shaped pieces. Twist these into fancy shapes, and set aside on a floured board. When all are shaped, fry in deep fat to a pale straw-color. Dredge, while hot, with powdered sugar.

Spoon Corn-bread

Stir one cup of corn-meal into a cup of sweet milk, scalding hot. Sprinkle the meal into the milk while stirring, to avoid its lumping. Add one cup of buttermilk, in which a scant fourth a teaspoonful of soda has been dissolved, three level tablespoonfuls of



Middle Portion of Fish outlined for Carving

See page 294

butter or other shortening, and three beaten eggs. Mix thoroughly, then pour into a buttered baking-dish, and

set to cook in a slow oven. Serve with a tablespoon and from the baking-dish.

Pecan Pralines

Stir three cups of granulated sugar and one cup of thin cream, or a cup of rich milk and two tablespoonfuls of butter, over the fire until the sugar is melted. Then boil, without stirring, to the soft ball stage. At the same time stir one cup of sugar over the fire until it becomes caramel. Pour the first mixture into the caramel, and let boil up once. Take from the fire, and beat until thick, adding quickly at the last moment three or four cups of pecan nutmeats. Drop, by spoonfuls, onto buttered plates or marble.



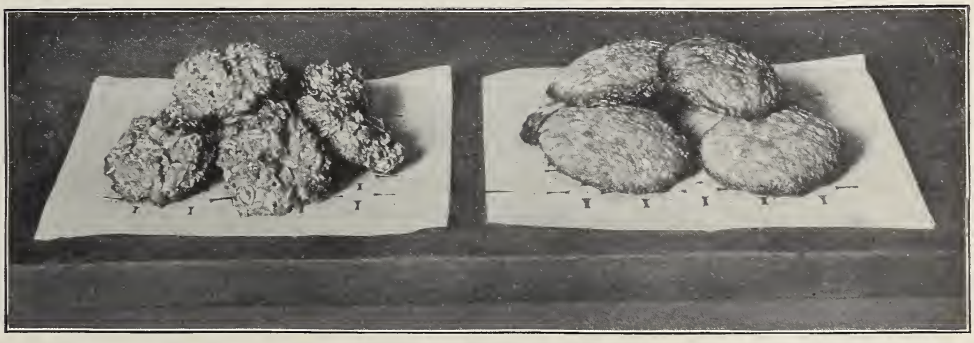
Crown of Sponge Cake with Bananas

Crown of Cream Sponge Cake with Bananas

Break two eggs into a cup, and fill up the cup with double cream. Turn into a mixing-bowl with one cup of sugar, and beat five minutes. Then sift in one cup and a half of flour, one-fourth a teaspoonful of salt, and two level teaspoonfuls of baking-powder. Beat thoroughly, and turn into a well-oiled border mould. Do not fill the mould more than three-fourths full. Bake about twenty-five minutes. Let stand two or three minutes, then turn out onto a serving-dish. Fill the centre with sliced bananas, and serve with a pitcher of cream for dessert.

Oatmeal Sugar Wafers

Beat an egg very light without separating the white and yolk. Add one-fourth a teaspoonful of salt, one-fourth a teaspoonful of vanilla, half a tablespoonful of softened butter, half a cup of sugar, and one cup and a fourth of Quaker rolled oats. Beat together thoroughly, and drop from a teaspoon onto a buttered tin. Bake in a slow oven.



Oatmeal Sugar Wafers

The Up-to-date Waitress

By Janet M. Hill

Tenth Paper

On Carving

For Illustrations see preceding pages

IT is as necessary that the master of the house should understand how to carve well as it is for a young girl to dance, in order to secure a husband.—*La Reynière.*

THE fact that meat, poultry, game, fish, etc., are not now as universally carved on the dining table as formerly argues nothing against the necessity of a knowledge of this subject. Rather, on the contrary, is it the best of reasons in favor of the acquisition of skill in practice of this art by all women who take up the calling of a waitress.

To be appetizing, meat needs be cut in thin, even slices. A thick, ragged-looking section of underdone beef, set before one who chooses well-cooked viands in small portions, will take away all pleasure from a meal. If we had not seen joints otherwise served, we should think it needless to say that meat should be carved across the grain rather than with it.

The first essential to successful carving is a thin, sharp knife, and the second is a knowledge of the location of bones and joints and the texture of the flesh in relation to its location. Knives of good steel can be made sharp, and with care kept so. One can learn the anatomy of the several joints only by handling meat before and after cooking. Finally, one can become expert in carving only by carving.

Carving a Rib Roast (Standing Roast)

Let a rib roast rest on the platter on the ends of the rib bones and the piece of backbone attached to them (sometimes the piece of backbone is removed before cooking). This gives browned fat above, below this a ridge of not very tender meat, and beneath this a centre of tender meat resting directly on the ribs below. The roast is to be carved to give each individual a portion of the browned fat, tender, and less tender meat. Press the fork down into the centre of the meat, to hold it firm, then run the knife between the meat and the rib bones at the thin or flank end, marked 1 and 2 on the illustration. Then, beginning at 3, draw



Wild Duck showing Lines for Carving the Breast

See page 294

the knife down the whole width of the meat to the rib bones at 4, taking care to keep close as possible to the backbone, then, if the whole roast is to be carved, turn the knife and draw it the full width of the roast close to the ribs and along to 1–2, where the work was begun. The whole roast is now free from the bones. Without removing the fork, place the point of the knife in at 3, and cut the meat in thin slices (see dotted lines on illustration), cutting down and through the outer browned fat, the ridge of less tender, and the eye of tender meat. Serve a spoonful of meat juice ("platter gravy") on each service of meat. If but a portion of the roast is to be served (as in small families, where the roast is served for two dinners), do not free the whole roast from the bones. Remove the knife at 4, or after the piece of backbone has been separated from the meat. Then cut, as above, as many slices as are needed, turn the knife, and, beginning at 1, run the point under the slices the whole length of the rib bone, when they are ready to serve. As shown in the illustration, the heavy end of the meat is at the left of the carver. This position answers well, when but a portion of the roast is to be cut. When the whole roast is to be carved, it is preferable to reverse the illustration, having the heavy end of the roast at the right.

Carving a Rolled Rib Roast

A rolled rib roast is the same as the above, except that before cooking the bones are removed, and the meat is rolled and tied in a compact shape. When the joint is sent to the table for carving, the strings are removed, and a fancy skewer inserted to hold the meat in shape. The rolled rib roast is carved so as to present, in each service, the browned fat, tender, and less tender meat, as in the standing roast. The rolled roast rests on the platter on its end, the layer of browned fat encircling it. Put the fork down into the meat through the small open space below the eye of tender meat, and do not remove the same until several slices have been cut. Draw the knife from the back of the meat, from 1 to 2 and 3 toward you, cutting off thin slices from the whole surface. Of course, the upper slice will not be served except to one who desires well-cooked meat.

Fillet of Beef

Beginning at the thick end, cut the fillet in thick slices. Cut transversely or directly across, as is preferred. Put a spoonful of mushroom or other sauce above each slice on the plate.

Sirloin Steak

The broad end of the steak is at the right of the carver. Beginning at the upper right-hand corner, cut out the bone. Cut as close as possible, turning the knife, when the end of the bone is reached, to come back on the lower side. Remove the bone to one side of the dish. The sirloin proper (1) is now above and the tenderloin (2) below the space from which the bone was taken. Cut these two portions of the steak into narrow slices, and serve a piece of each on the several plates. The sirloin should be cut from the outer edge of fat toward the edge from which the bone was taken, and the tenderloin from the edge which bordered on the bone toward you.

Loin of Veal, Lamb, or Mutton

Before cooking, have the backbone of the loin cut apart at each rib. Set the joint on the serving-dish, to rest on the cleft backbone and with the well-browned skin uppermost. Beginning each time at the top, cut the roast in slices, separating them at the incisions, made before cooking, between the ribs. Serve a rib as a portion.

Roast or Boiled Turkey or Chicken

Set the turkey or chicken on the platter with the drumsticks to the right of the carver. Insert the carving-fork firmly at highest point of the breast bone (1). First cut off the leg and second joint on the side farthest from you, making a circular cut around the joint, cut off the wing on the same side and in the same way, then remove the leg and second joint (2 to 3) and the wing (4 to 5) on the other side in the same way. Then, without removing the fork, cut thin slices lengthwise the breast, first upon one side and then upon the other. Remove the fork, and separate the second joints from the drumsticks, cutting through at the joint. Serve light and dark meat, with a little dressing, on each plate.

Galantines of Turkey, Chicken, Little Pig, etc.

A galantine is most easily carved, and, being solid meat, goes farther than any other meat dish. Carve in thin slices from the right to the left.

Wild Duck.

At a "men's dinner" a whole duck is served each guest. When presented as a game course at a formal dinner, the breast only is served, and this is cut in lengthwise slices, as roast chicken or turkey. Orange sauce is served on the plate, celery, or some other salad, on cold plates.

Rabbit, Chicken, or Bird Pie

Cut the crust directly through the centre in both directions, then cut each quarter section once or twice from centre to circumference, as in case of other pies. A triangle of crust is taken out onto a plate, then a piece of the filling, and a spoonful of gravy is poured over it.

Vol-au-Vent

The filling of a vol-au-vent is usually quite firm, and it may be sliced from right to left, as a galantine. Cut each slice through cover and case. Serve with spoon and fork. A round vol-au-vent might be carved as a pie.

Boiled or Baked Fish

A silver knife and fork are indispensable in carving fish, as the use of steel implements occasions a disagreeable flavor. The cooking of large fish whole is not as common as formerly, but the method of carving is the same for a whole fish or the central portion of a fish. From a whole fish the head is first removed, then run the knife through the flesh along the backbone (3 to 4), cutting as close to it as possible. Now cut the half turned toward you, or the upper half, if the fish rests on its side, into thick slices, thus serving all the fish on one side. Then turn the dish around, or lift the bone, according as the fish is disposed on the platter, and serve the flesh from the other side.

In the Shadow

By Lucia W. Eames

Across my path the shadows fall!
Chilled, shivering in the sombre light,
I fix my gaze where far before
The fields are glad, the fields are bright.

Into my life the shadows fall!
But, spite of grief and pain and tears,
My faith is steadfast that the sun
Is shining over future years.

Menus for Each Day in January

"The wise woman will have many side-lights in her composition; and in the kitchen her sauces will have many shadings."

MONDAY, JANUARY 1

Breakfast

Cold Baked Sweet Apples, Milk.
Broiled Tripe, Bacon, Lemon Slices.
White Hashed Potatoes.
Yeast Rolls (Reheated).
Coffee.

Luncheon

Cream-of-Celery Soup.
Cranberry Tart. Edam Cheese.
Tea.

Dinner

Broiled Sirloin Steak, Bernaise Sauce.
Baked Sweet Potatoes.
Lettuce, Sliced Oranges and Figs.
French Dressing.
Graham Sandwiches.
Small Cups of Coffee.

TUESDAY, JANUARY 2

Breakfast

Farina Mush, Cream.
Broiled Ham. Fried Sweet Potatoes.
Hot Apple Sauce.
Doughnuts. Coffee.

Luncheon

Tripe in Tomato Sauce.
Rye Bread and Butter.
Coffee Jelly. Cream.

Dinner

Chicken-and-Oyster Pie.
Cranberry Sauce.
Celery, French Dressing.
Rice Pudding with Raisins.
Coffee.

WEDNESDAY, JANUARY 3

Breakfast

Fried Farina.
Beef and Potato Hash (Flank End of Steak).
Zwieback. Orange Marmalade.
Coffee. Cocoa.

Luncheon

Remnants of Chicken on Toast.
Baked Bananas, Currant Jelly Sauce.
Cream Sponge Cake.
Tea.

Dinner

Cream-of-Lima Bean Soup, Croutons.
Boiled Finnan Haddie, Egg Sauce.
Boiled Potatoes.
Scalloped Tomatoes.
Apples Baked with Almonds, Cream.
Coffee.

THURSDAY, JANUARY 4

Breakfast

Barley Crystals.
Cole Boiled Ham, Sliced Thin,
French Mustard.
Potatoes Warmed in Milk.
Hot Glazed Buns.
Coffee. Cocoa.

Luncheon

Soufflé of Finnan Haddie,
Cream Sauce.
Cole Slaw. Bread and Butter.
Apples.

Dinner

Roast Leg of Lamb.
Franconia Potatoes.
French Turnips.
Baked Bananas, Sultana Sauce
Celery.
Crackers. Cheese.
Coffee.

FRIDAY, JANUARY 5

Breakfast

Toasted Wheat, Cream.
Creamed Chopped Ham on Toast.
Pickles.
Rye-meal Muffins.
Coffee.

Luncheon

Tomato Rabbit. Canned Peas.
Bread Sticks. Coffee.

Dinner

Cream-of-Corn Soup.
Turbans of Fish,
Fish Bechamel Sauce.
Mashed Potato Diamonds.
Waldorf Salad.
Oatmeal Wafers. Coffee.

SATURDAY, JANUARY 6

Breakfast

Oatmeal with Hot Dates, Cream.
Eggs Scrambled with Ham.
Toasted Muffins.
Coffee.

Dinner

Cold Roast Lamb, Sliced Thin.
Potatoes Scalloped with Tomato and Cheese.
Baked Squash.
Cottage Pudding, Foamy Sauce.
Cereal Coffee.

Supper

Oyster Stew. Cole Slaw.
Cranberry Tarts. Coffee.

SUNDAY, JANUARY 7

Breakfast

Grape-fruit.
Hashed Lamb on Toast.
Waffles. Coffee.

Dinner

Boiled Fowl.
Curried Rice.
Boiled Onions, Buttered.
Lettuce, French Dressing.
Caramel Ice-cream.
Cream Sponge Cake.
Coffee.

Supper

Rolls. Tea.
Prunes Stuffed with Nuts and Fondant.

MONDAY, JANUARY 8

Breakfast

Grape-nuts.
Sausage. Buckwheat Griddle cakes.
Apple Sauce.
Coffee.

Luncheon

Soup with Macaroni
(Lamb Bones, Chicken Broth).
Dutch Apple Cake.
Cocoa.

Dinner

Chicken Croquettes, Currant Jelly.
Mashed Potato.
French Turnips, Creamed.
Celery. Cheese Balls. Toasted Crackers.
Coffee.

TUESDAY, JANUARY 9

Breakfast

Fried Corn-meal Mush,
Maple Syrup.
Rye-meal Biscuits (Yeast).
Coffee.

Luncheon

Mrs. Grant's Omelet with Creamed Celery.
Banana Pie (One Crust)
Cocoa.

Dinner

Cannelon of Beef.
Macaroni with Tomato Sauce.
Baked Yams.
Prune-and-Orange Jelly,
Whipped Cream.
Cream Sponge Cake. Coffee.

Menus for Each Day in January—*Continued*

WEDNESDAY, JANUARY 10

Breakfast

Toasted Wheat, Stewed Peaches (Dried).
Codfish Balls *en Surprise*, Tomato Mayonnaise.
Spoon Corn-cake. Coffee.

Luncheon

Cold Cannelon of Beef, Saratoga Potatoes.
Buttered Beets.
Baked Apples with Meringue.

Dinner

Grape-fruit Cocktail.
Salted Salmon, Boiled, Egg Sauce.
Plain Boiled Potatoes.
Buttered Parsnips.
Lettuce, French Dressing. Cheese.
Scalloped Rhubarb (Home Canned).
Coffee.

THURSDAY, JANUARY 11

Breakfast

Lamb Chops, Broiled.
Creamed Potâtoes.
Boston Brown Bread, Toasted.
Coffee.

Dinner

Cream-of-Celery Soup.
Corned Beef. Boiled Potatoes.
Cabbage.
Delicate Corn-meal Pudding, Cream.
Coffee.

Supper

Nut Bread and Butter.
Preserved Quinces.
Cream Sponge Cake.
Cocoa.

FRIDAY, JANUARY 12

Breakfast

Oranges.
Malted Cereal, Cream
Oysters in Batter, Sautéd.
Dry Toast.
Coffee.

Luncheon

Cheese Custard.
Stewed Prunes. Muffins.
Coffee.

Dinner

Baked Fillets of Haddock.
Stewed Lima Beans,
Hollandaise Sauce.
Mashed Potatoes.
Tomato Jelly, Macedoine Style,
French Dressing.
Lemon Sherbet.

SATURDAY, JANUARY 13

Breakfast

Grape-fruit.
Corned Beef and Potato Hash,
Bacon Rolls.
Oatmeal Biscuit.
Coffee.

Luncheon

Cream-of-Lima Bean Soup, Croutons.
Steamed Apple-and-Brown bread Pudding, Hard Sauce.
Tea.

Dinner

Creamed Haddock au Gratin.
Potatoes Scalloped with Tomatoes and Cheese.
Cole Slaw.
Quaker Apple Pie. Coffee.

SUNDAY, JANUARY 14

Breakfast

Hot Oatmeal, Sliced Bananas, Cream.
Creamed Corned Beef and Celery.
Parker House Rolls. Coffee.

Dinner

Consommé with Alphabet Paste.
Roast Turkey. Mashed Potato.
Squash au Gratin.
Sweet Pickled Peaches.
Orange-and-Celery Salad.
Pineapple Sherbet.
Coffee.

Supper

Oysters Cooked in the Shell with Bacon.
Salad Rolls (Reheated).
Coffee.

MONDAY, JANUARY 15

Breakfast

Barley Crystals with Raisins, Cream.
Frizzled Dried Beef.
French Fried Potatoes.
Baking-powder Biscuit.
Coffee.

Luncheon

Clam or Corn Chowder.
Entire-wheat Bread and Butter.
Waldorf Salad.

Dinner

Emergency Soup.
Cold Roast Turkey.
Cranberry Sauce (Whole Fruit).
Baked Potato Cakes (Left-over).
Boiled Onions, Buttered.
Cabbage Salad.
Stewed Figs, Whipped Cream.
Coffee.

TUESDAY, JANUARY 16

Breakfast

Oranges. Oatmeal, Cream.
Creamed Salt Codfish.
Baked Potatoes.
Rye-meal Biscuit.
Coffee.

Luncheon

Cheese Timbales.
Apple-and-Celery Salad.
Queen of Puddings (Bread, etc.).

Dinner

Tomato Soup (Turkey Bones).
Turkey Soufflé, Brown Sauce.
Peas (Canned).
Celery-and-Nut Salad.
Rice Croquettes with Preserves.
Coffee.

WEDNESDAY, JANUARY 17

Breakfast

Gluten Grits. Baked Bananas.
Sausage. Buckwheat Griddle-cakes.
Coffee.

Luncheon

Creamed Chestnuts au Gratin.
Cold Boiled Tongue.
Date-and-Orange Salad.

Dinner

Cream-of-Pea Soup.
Roast Spare Ribs of Pork.
Spiced Apples, Baked in Bean Pot.
Mashed Turnips.
Cabbage Salad.
Squash Pie.
Coffee.

THURSDAY, JANUARY 18

Breakfast

Corn-meal Mush.
Baked Sweet Apples, Milk.
Broiled Bacon. Stewed Potatoes.
Coffee.

Dinner

Tomato Soup.
Cold Spare Ribs. Mashed Potatoes.
Scalloped Cabbage.
Apple-and-Celery Salad.
Raisins in Wine Jelly,
Whipped Cream.
Coffee.

Supper

Rice, Milanaise Fashion.
Oatmeal Bread and Butter.
Stewed Prunes.
Cocoa.

FRIDAY, JANUARY 19

Breakfast

Oranges.
Broiled Sardines on Toast,
Lemon Quarters.
Fried Mush. Rolls.
Coffee.

Luncheon

Fried Oysters. Cole Slaw.
Bread and Butter.
Apple Pie.

Dinner

Canned Salmon Croquettes, Peas.
Cold Tongue, Sliced Thin.
Raw Potatoes Scalloped with Broth.
Lettuce Salad.
Apple Tapioca Pudding.
Vanilla Ice-cream. Coffee.

SATURDAY, JANUARY 20

Breakfast

Tongue-and-Potato Hash.
Stewed Tomatoes.
Graham Muffins.
Coffee.

Dinner

Round Steak, Creole Style.
Apple Fritters.
Poor Man's Pudding.
Rice.

Supper

Boston Baked Beans, Chili Sauce.
Rye Bread and Butter.
Canned Peaches.
Tea.

SUNDAY, JANUARY 21

Breakfast

Grape-fruit.
Cereal. Rolls. Coffee.

Dinner

Broiled Oysters on Toast.
Maître d'Hôtel Butter.
Breaded Lamb Chops (Fried in Deep Fat).
Tomato Sauce.
Mashed Potato. Stringless Beans.
Celery-and-Pineapple Salad.
Banana Parfait.
Waldorf Triangles. Coffee.

Supper

Boston Baked Bean Salad.
Graham Bread and Butter.
Sliced Oranges with Cocoanut.

Menus for Each Day in January—*Continued*

MONDAY, JANUARY 22

Breakfast

Bacon. Fried Cereal. Fried Bananas.
Dry Toast. Marmalade.
Coffee.

Luncheon

Baked-Bean Croquettes.
Tomato Sauce.
Baked Apple Dumpling.
Hard Sauce.

Dinner

Rolled Rib Roast of Beef.
Franconia Potatoes.
Macaroni Baked with Milk and Cheese.
Stringless Bean Salad.
Banana Whip.

TUESDAY, JANUARY 23

Breakfast

Malted Cereal, Stewed Figs, Cream.
Boiled Tripe. Hashed Potatoes.
Corn-meal Muffins.
Coffee.

Luncheon

Cream-of-Potato Soup,
Croutons.
Apple and Prune Pie.
Coffee.

Dinner

Beef Broth with Noodles.
Cold Roast Beef.
Baked Sweet Potatoes.
Sweet Corn Fritters. Celery.
Nut Cake, Chocolate Frosting.
Coffee.

WEDNESDAY, JANUARY 24

Breakfast

Baltimore Samp, Cream.
Beef-and-Potato Hash,
Fried Onions.
Rolls. Coffee.

Luncheon

German Coffee Cakes.
Cocoa. Nuts. Hot Dates.

Dinner

Boiled Shoulder of Lamb,
Caper Sauce.
Boiled Potatoes.
Mashed Turnips.
Lettuce-and-Banana Salad.
Scandinavian Rosettes with Jelly and Cream. Coffee.

THURSDAY, JANUARY 25

Breakfast

Grape-fruit.
Lamb-and-Potato Hash,
Chili Sauce.
Buckwheat Griddle-cakes.
Coffee.

Dinner

Oatmeal Soup (Lamb Broth).
Broiled Hamburg Steak, Tomato Sauce.
Baked Sweet Potatoes.
Lettuce Salad.
Coffee Bavarian Cream.

Supper

Baltimore Samp, Cream, Syrup.
Dry Toast. Apple Sauce.
Cream Cheese. Cocoa.

FRIDAY, JANUARY 26

Breakfast

Grape-fruit.
Fried Smelts. Baked Potatoes.
Breakfast Corn-cake.
Coffee.

Luncheon

Oyster Chowder.
Crackers. Olives.
Apple Pie. Cheese.
Coffee.

Dinner

Halibut Sautéd.
Potatoes Maître d'Hôtel.
Creamed Onions.
Lettuce Salad.
Lemon Bombe Glacé.
Cream Sponge Cake. Coffee.

SATURDAY, JANUARY 27

Breakfast

Cereal. Stewed Prunes.
Creamed Smoked Beef.
Baked Potatoes.
Waffles, Caramel Syrup.
Coffee.

Dinner

Boned Ham, Baked.
Banana Fritters, Currant Jelly Sauce.
Mashed Potatoes.
Baked Macaroni. Cole Slaw.
Floating Island,
(Remnants of Sponge Cake.)
Coffee.

Supper

Succotash. Rye-meal Biscuit.
Apples Baked in Casserole.
Macaroons. Cocoa.

SUNDAY, JANUARY 28

Breakfast

Grape-fruit.
Oyster Omelet.
Rolls. Coffee.

Dinner

Roast Rump Tenderloin,
Brown Sauce.
Potatoes Fried Whole in Deep Fat.
Scalloped Tomatoes in Onions.
Lettuce Salad.
Apricot Parfait.
Almond Wafers. Coffee.

Supper

Zwieback. Cocoa.

MONDAY, JANUARY 29

Breakfast

Cereal, Cream.
Cold Baked Ham.
White Hashed Potatoes.
Apple Marmalade. Rolls.
Coffee.

Luncheon

Toasted Rolls. Cocoa.
Assorted Nuts. Dates.

Dinner

Cream-of-Celery Soup.
Slices of Tenderloin Made Hot in Mushroom Sauce.
Scalloped Squash.
Grape-fruit-and-White Grape Salad.
Coffee.

TUESDAY, JANUARY 30

Breakfast

Grape-nuts, Cream.
Eggs Scrambled with Chopped Ham.
Broiled Sweet Potatoes.
Apple Sauce. Dry Toast.
Coffee.

Luncheon

Stewed Kidney Beans.
Bread and Butter.
Mince Pie. Tea.

Dinner

Lambs' Hearts, Stuffed,
Chestnut Puree.
Tomato Jelly, Macedoine Style,
French Dressing.
Prunes Stuffed with Nuts and Fondant.
Coffee.

WEDNESDAY, JANUARY 31

Breakfast

Cereal, Cream.
Creamed Ham on Toast.
Apple Sauce.
Coffee.

Luncheon

Emergency Soup.
Toasted Crackers.
Canned Apricot Short-cake, Cream.

Dinner

Fricassee of Chicken.
Cranberry Sauce.
Boiled Rice.
Celery-and-Nut Mayonnaise.
Ice-cream, Preserved Ginger.
Coffee.

CHAFING DISH SUPPERS

I.

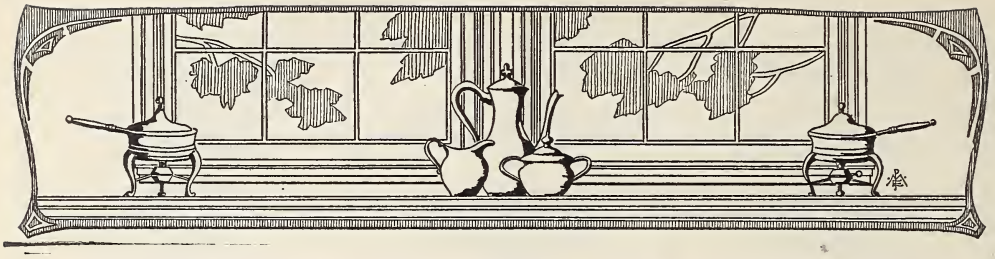
Boston Brown Bread and Anchovy Paste Sandwiches.
Curried Oysters. Olives. Salted Pignolia Nuts.
Mayonnaise of Grape Fruit and White Grapes.

II.

Sardine Éclairs.
Scotch Woodcock
Pineapple Cup.

III.

Creamed Chicken and Chestnuts.
Celery. Olives.
Tomato Jelly Salad, Macedoine Style.
Graham Rolls.
Black Coffee.



After Breakfast Chat

By Janet M. Hill

DAINTY ways of serving food have a usefulness beyond their æsthetic value. Every one knows that a feeble appetite is often tempted by a tastefully garnished dish, when the same material, carelessly served, would seem quite unpalatable.—W. O. A.

WE are pleased to call the attention of our readers this month to the article on "Garnishes" by "A Mere Man." Sometimes in past years we have wondered if the cooking fraternity had not "gone mad" on the subject of food decoration. This has been especially distasteful to us, because, in a measure, we ourselves may unwittingly have "set the pace" for this madness, though at the same time we do not consider ourselves responsible for the ofttimes senseless vagaries of would-be imitators. A garnish, as a rule, should be edible, and it always should be appropriate to the dish on which it appears.

But, in extenuation of some of the freaks that have found publishers, let us say that part of this rioting in food decoration arises from the nature of the prints used to set forth prepared dishes. Half-tone engravings made from photographs of dishes do not show fine points in texture nor delicate shadings in color, and a mass of any one substance not relieved by contrasting colors is dense, and nothing more. Thus it comes that photographer, cut-maker, and printer all call louder, and yet louder, for something that will give contrast, something that will make a picture. The hard-pressed cook seeks refuge in elaborate, lace-trimmed doilies, even beneath dishes quite inappropriate for such company, or in flowers and whipped cream where cream in its natural state is preferable.

Aside from all this, we believe in making food attractive in appearance in other ways than in immaculate appointments,—in adhering to proper position on the plate, and in seeing that the size of the dish be properly apportioned to the article placed upon it. All these items, as well as the nature of the particular garnish used, are quite often a matter of innate knowledge, seconded by attention and thought to what might be called the proprieties. Not every one has such knowledge or the time to make a complete study of the matter, but a few general rules will enable one to criticise for herself; and, after all has been said, in matters of taste each one must be a law unto herself. First, there should be an apparent reason for a combination of two or more articles on a plate. That a combination looks well is not a sufficient occasion for its use. Nasturtium blossoms and leaves look well round a brick of vanilla ice-cream, a loaf of cake covered with white icing, or a plate of sandwiches made of white bread

and strawberry preserves; but, while photographer, cut-maker, and printer might applaud, no thoughtful cook would present such a combination. It is incongruous. But who could find fault with these same tendrils and blossoms, fresh gathered and strewn about or over—not, however, in profusion—a platter of cold ham or mutton or a bowl of potato or oyster salad? Perchance a tendril bearing a stray seed will be eaten; for the flavors of these meats or salads and that of the plant "go together," as we say, and there is no impropriety in their juxtaposition. We believe, however, that all garnishes, flowers included, should be largely confined to those that are edible in the condition in which they are presented. Exceptions prove the rule, and the claws and shell of the lobster might be thought an excusable exception. This is largely on account of color. These shells are not only attractive in appearance, but they give a name to the dish,—a thing greatly to be desired where certain dishes are handed round by silent butler or maid; for not every one can indulge in crustacean luxuries, and the distinctive red of shell or claws in salad or cutlets proclaims to such beholders, as nothing else can, Beware!

The claws (quail) "stuck here and there like candles in a birthday cake," noted by our contributor, is, we hope, a little overdrawn.

The leg bone left upon a boned bird may have a good and sufficient *raison d'être*. Many articles of food, as chops, birds, asparagus, unhulled strawberries, etc., are more easily eaten from the fingers than from any article devised for the purpose; and they now come to be quite generally so eaten. The leg bone of a quail, usually covered with a paper frill to protect the fingers, thus serves as a means of holding the portion while it is being eaten; and this fact countenances its retention.

People's ideas regarding the preservation of the natural form of animal foods are undergoing changes; and the time may not be far distant when the canons of good taste will not admit of the recognition of the plat, as turkey, goose, duck, etc., by other than the sense of taste. At least the distinguishing feature of the dish must be one less pronounced than that shown by its shape. But yet errors in garnishing are simply lapses in good taste, and as such can be overlooked; but what shall we say of a publication that prides itself on keeping its cooking, department "strictly abreast with the times," and publishes such recipes as the following?—

"Cranberry Olives"

"Spread slices of roast turkey, chicken, or veal with jellied cranberry sauce. Sprinkle with grated bread crumbs, some minced celery, and little bits of butter. Season lightly with pepper and salt. Roll up neatly, and fasten securely. Fry in hot butter to a golden brown, and serve in a border of hot mashed potatoes.

"Cranberry Fritters"

"Beat one egg thoroughly, and stir into it one and one-half cupfuls of milk, one tablespoonful of sugar, and one cupful of flour into which has been sifted one tablespoonful of baking-powder. Mix thoroughly, and stir in one cupful of jellied cranberry sauce. Drop in spoonfuls on a hot buttered griddle. Brown delicately on both sides, and serve at once with butter and powdered sugar.

Think of rolling up slices of meat stiffened by cooking and cooling; and, worse than this, they are first to be spread with jellied cranberry sauce, minced celery, and bits of butter. After

once trying to fry these rolls—exuding cranberry juice and bits of celery—to a golden brown, the venturesome cook will probably return with pleasure to cold turkey, cranberry sauce, and celery stalks, each in its respective dish. Jellied cranberry sauce will become liquid when heated, but this simple fact is utterly ignored in both recipes; and, when we are told to make fritters of one cup of flour, one and one-half cups of milk, and a cup of cranberry sauce, we are inclined to think the cook suggesting such proportions is utterly deficient in the first principles of the most elementary cookery; and, when we further note that one tablespoonful of baking-powder is given for this same single cup of flour, our doubts on this point, if any existed, entirely vanish.

In the dinner menus for January few soups will be noted. Cream soups are too satisfying to serve as prelude to a substantial dinner, and soups made from the bones of roasts are lacking too much in goodness to be desired. Occasionally there is meat juice and browned material enough on the bones to warrant re-enforcement with fresh meat and the making of a soup; but, in general, such broth is used to better advantage in warming over the meats to which they belong, or in adding a slight meat savor to dishes of rice, macaroni, or potatoes.

Several recipes are given for waffles. To cook these to perfection, a strong, but not fierce, even heat is desirable. The gas range gives such heat in perfection. In midwinter variety needs be sought, as at no other season, by frequent change in the manner of cooking.

Food in Little Italy

(*Concluded from page 279.*)

our life journey. Italy is not noted as a land of good bread. Yeast is sent from Paris, unless sour leaven be used. In the cities various breads to suit the tastes of tourists can be had. In the northern parts of Italy chestnuts are used for bread, while in the south maize grows well, and is used both for bread and *polenta*.

One of the very old tombs in Italy shows a baker's utensils carved upon the entrance. The ancient Romans showed great taste and indulged in great luxury, when Rome could levy upon many lands for her feasts. Modern Italian cookery has become better known to English readers since the publication of two little volumes, by different writers, within a few years. When we think of ice-cream, our minds are set at rest by the thought of not having to choose varieties; for one has but to order that pretty Italian cream known as Neapolitan brick, to have a pleasant blending of variously flavored layers. It is said that the popular ice-cream sandwich originated with an itinerant Italian ice-cream vender. Now, in daintier guise, at nice cafés and quick lunch places ice-cream sandwiches are a favorite order as the pleasing finish of a shopping luncheon.

In Little Italy, should you be subject to apprehension about the cleanliness of the neighborhood, you can decide to buy only original package goods, such as wine, cheese, canned vegetables, truffles, and olive oil, ere you wend your way home to entertain your family with an account of your jaunt into the foreign quarter.

Cakes from the Land o' Cakes

By Marion Harris Neil

LAND O' CAKES is a name frequently given to Scotland, where oatmeal cakes form an important article of diet. The phrase was made famous by Robert Burns in 1789, in his poem on Captain Grose's peregrinations through Scotland, which commences with the following lines:—

"Hear, Land o' Cakes an' brither Scots
Frae Maidenkirk to Johnny Groat's."

The following are genuine Scotch cake recipes:—

Oatmeal Cakes

In old times, in Scotland, every girl and woman knew how to make oat cakes, and everybody ate them. Oat cakes are more difficult to make than almost any other cake, so do not attempt to make more than two or three, to begin with, but try and try again; and you will succeed. Take in a basin one breakfast cup of fine oatmeal, and put into a cup one teaspoonful of sweet dripping. Add to it half a cup of water, warm enough to melt it. Then stir this into the meal. There should be enough water to make the meal quite moist. Now with the right hand, only, work the dough in the basin for a minute or so through the fingers, taking it all in the hand over and over again, till it gets to feel more put together. Then turn it out onto the baking-board, on which is to be sprinkled a good deal of the dry oatmeal. Knead it into a firm piece, but by no means hard. Then with the two hands make it into a round ball, which proceed to flatten out carefully. To do this, use the right hand, and particularly the knuckles of it, holding the left hand so as to keep the edges of the cake from breaking. In this way press the dough out until it is rather thin, afterward apply the rolling-pin neatly and carefully until it is thin enough. Do not, at first, attempt to make the cake extremely thin. A little practice will enable you to do that easily. Now rub the surface over with plenty of dry oatmeal, cut the round into four, turn the cakes over and rub the other side, brush the meal off and slip the cakes onto a hot griddle for a few minutes till they are a little brown and begin to curl up at the edges. Then put the upper side to the fire on a toaster till it gets dry and hard. Oat cakes are only baked on one side. Finish by rubbing over with dry oatmeal.

Potato Scones

These may be made with left-over potatoes, but they are much nicer prepared with fresh-boiled potatoes. Put the potatoes, smooth mashed, on to a baking-board, and lightly work in as much flour as the potates will take in. It should feel firm, and stick well together. Form into little rounds, pat lightly with the hand, roll out thin, lay them on a hot griddle, prick all over with a fork, and let them bake for a few minutes. Turn them over, and bake for two minutes on the other side. Roll up in a clean cloth until wanted. They are good, either hot or cold, with butter. They will not keep for more than one day.

Soda Scones

Sift one pound of flour into a basin. Add half a teaspoonful of salt, half a teaspoonful of sugar, one teaspoonful of cream of tartar, and three-quarters of a teaspoonful of baking soda. Beat up one egg, and add some buttermilk to it. Pour among the dry ingredients, making them into a soft paste.

Knead lightly. Roll out half an inch thick. Cut out with a round cutter. Place on a hot plate or griddle, and bake for five minutes on each side.

Shortbread

Wash half a pound of butter in cold water. Squeeze dry. Then lay it on a baking-board. Add to it one egg and five ounces of fine sugar. Knead them together, then gradually gather in one pound of sifted flour. Do not knead the flour in too quickly. When all is worked up into a smooth, stiff paste, cut it into two or four pieces. Make each piece round or oval, according to taste, and half an inch thick. Pinch round the edges with finger and thumb. Prick the top with a biscuit stamper or the prongs of a fork. Slip them on to a papered tin, and bake for forty minutes in a slow oven. When ready, allow them to cool on the tins.

Pitcaithly Bannock

This is a kind of shortbread, and is very good. Beat up six ounces of butter in a pan. Add six ounces of fine sugar, gradually, beating well all the time. Then add two ounces of fine-chopped almonds, a quarter a pound of chopped orange peel, and three-quarters a pound of sifted flour. Work them into a lump. Turn out on a baking-board. Flatten out into a nice round cake, three-quarters of an inch thick, and pinch the edges neatly. Place the bannock on a papered tin. Bake in a moderate oven for half an hour. When cold, dust over with plenty of confectioner's sugar.

Ayershire Shortbread

Wash half a pound of butter. Squeeze dry. Put it on a baking-board. Knead it with five ounces sugar, one egg, and two tablespoonfuls of cream. Gradually gather in half a pound of rice flour and half a pound of flour. Divide into eight pieces. Roll into rounds. Cut each into four pieces. Bake for ten minutes.

Currant Bun

This needs to be set a-going early in the day, as its preparation takes considerable time. Have four pounds of bread dough ready. Work into it half a pound of butter. Then put it into a deep buttered basin. Cover over with a clean cloth, and set to rise for about two hours in a warm place. The fruit is best, prepared beforehand. Two pounds of stoned raisins, cut in halves, two pounds of currants, picked, washed, and dried, one pound of citron peel, chopped fine, one pound of almonds, blanched and chopped, the grated rind of one lemon, and the grated rind of one orange. Mix the spice with the sugar in a separate basin, one pound of brown sugar, one saltspoonful of salt, two grated nutmegs, one ounce of ginger, one ounce of allspice, and one ounce of cloves. Mix thoroughly together. Then add to the fruit, and mix all together again. When the dough has well risen, cut off about a quarter of it, and put to one side, and work the remainder amongst the fruit and spice. When the whole forms a compact mass, take your tin (or tins, for this quantity will make a large-sized bun). Butter the tin well, and press the mixture into it, to give it a shape. Then roll out the small piece of dough smooth and rather thin, and empty the cake from the tin right into the centre of this. Fold the sheet of dough all round the cake, so as to completely cover it. Cut off all superfluous edges, and put the cake back again into the tin, taking care to keep the smoothest side uppermost. Prick it all over the top with a fork, and with a long skewer pierce the cake right to the bottom

(*Continued on page* xiv.)



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Cooking Equipment for District School

By Miss Benton, Teachers' College, Columbia University

For Illustration see Frontispiece

THIS equipment is intended to show what may be done in a district school, where no funds are available and where those who attend the school are living in a primitive way.

The number of tables that could be used depends, of course, upon the space in the school-room. If the space is small, even one table could be used, if the teacher is sufficiently ingenious to fit the work in cooking with her other subjects. With a small equipment, of course, a large class could not work; but perhaps two or three children could work at a time, say one or two days a week.

The work in foods should be very simple, but principles should be taught, and such dishes given as the people could actually use at home. Lessons in cleaning and housekeeping could be enforced, even with this amount of equipment.

Packing boxes could be obtained in almost any neighborhood, and the painting, carpentry work, and sewing could be done by the pupils in the school, thus making the cost very low.

While this equipment has not actually been in use, work as simple as this has been done successfully by teachers who have the power of adapting the means to the required ends.

District School Equipment

Utensils for Six

(*Prices from H. C. F. Koch and the 10-cent Store*)

Individual

	Cost For one.	For six.
1 white bowl, 1 quart	.05	.30
1 measuring-cup	.05	.30
1 granite pan	.10	.60
1 saucepan	.05	.30
1 tin pail	.10	.60
1 steel fork	.05	.30
1 steel knife	.05	.30
1 tablespoon	.02	.15
2 teaspoons	.02	.20
	.49	$3.05
1 oil stove	.70	4.20
	$1.19	$7.25

For Class

3 bread-boards	$0.15
1 rolling-pin	.05
3 baking-powder can tops (for cooky-cutters)	
1 flour-sifter	.10
1 large frying-pan	.25
1 double boiler	.50
1 quart kettle	.25
1 tea-kettle	.50
1 broiler	.20
1 garbage can	.25
2 pitchers	.20
2 apple-corers	.10
1 chopping-knife	.10
1 chopping-bowl	.05
6 muffin tins @ 2 cents	.12
2 layer-cake tins	.10
1 dish-pan	.15
1 rinsing-pan	.10
1 strainer	.05

6 china plates	.30
6 sauce-dishes	.15
6 cups and saucers	.30
1 coffee-pot	.25
1 teapot	.10
3 bread-pans	.15
6 quart jars	.30
3 wooden pails with covers	.30
6 dish-towels	.48
3 dish-cloths	.15
3 hand towels	.15
1 broom	.15
1 dustpan	.05
1 brush	.10
1 scrubbing-brush	.05
1 scrubbing-pail	.10
1 Dover beater	.05
1 pepper-shaker	.05
1 salt-shaker	.05
1 colander	.10
1 baking-dish	.10
1 bread knife	.25
1 coffee-mill	.25
1 corkscrew	.10
	$14.40

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Dinner and Kitchen Wagons

SOME time ago a wagon was inaugurated in the café of the most fashionable hotel in Philadelphia, to distribute fancy drinks. Now this novelty has been further applied to hotel needs by equipping a roast-beef wagon for the buffet-room. This wagon is made with an alcohol-heating apparatus, and a big tray upon which an entire roast of large size is placed; and here it is carved. When roast beef is ordered, forward to that table go the roast-beef wagon and its attendant. Then just the cut desired is supplied by the carver. This innovation has become very popular among the patrons of this hotel.

For five-o'clock tea, English people sometimes use rattan tables with a handle, the table part consisting of several rimmed trays set at intervals in the supports. These are very handy for passing the accessories, the muffins or sandwiches and radishes, etc., and that is why these little tables are called "curates."

Dinner wagons are used in this country, especially in homes where no waitress is kept or for the days when she is absent. Illustrations of these, with dimensions and directions for making, occasionally are given in household magazines. Made for the dining-room, they are in reality a movable buffet, to hold salad or dessert and soiled dishes. A simple kitchen wagon can be made from almost any handy table by covering it with zinc, and putting it upon casters. This can be rolled either beside the pantry table, the oven door, or the sink, as desired. The stout, little, old-fashioned, square wash-stands can be easily converted into one of these kitchen wagons.

Catering for Crowds

IN the pleasant old town of West Chester, Pa., they recently had a celebration which attracted thousands of people. Most towns under like conditions allow peanut and lemonade stands, while ladies of the churches spread tables, and private homes accommodate all they can. Not so did West Chester, whose chief officials were given *carte blanche* as to the menu; and a quantity of good food was ordered. Ten thousand rounds of rations were supplied. While the speech-making was going on in the open air, all the hungry listeners had to do to be fed was to apply to those who gave out the rations, and they received an ample lunch,—a pasteboard box neatly tied with white string, and containing the following: three deviled ham sandwiches, one hard-boiled egg, one pickle, one piece of cheese, one small envelope of salt and pepper.

The crowds went away well satisfied with the hospitality they had enjoyed, and with grateful feelings to the men who had planned for their comfort.

Glass Brushes for Cleaning Metal

IF ever you have tried to clean brass or other metal that was chased or hammered, or a fine indented back-

ground, which held every atom of polish that rubbed into spaces as big as a pin point, and soon turned a fine green color, you will welcome this information. The various pastes that come for brass railings and expensive, brass-mounted harness do not work well on metal surfaces such as have been mentioned. Instead one must use a glass brush. These cost only 25 cents, and are to be had at stores where they deal in jewelers' supplies. It is simply a bundle of fine-spun glass, wound around with string. As the brush wears, the string can be unwound. This surface of glass points, or the rather flexible glass hairs bundled together, soon takes off the dirt and deposit of years from old metal, and penetrates places in ornate metal work, which, otherwise, one might spend a lifetime on, if armed only with a needle and a cloth. It would be well to use a stout glove, and be careful of eyes, and not bear on too vigorously, lest the glass fly. Wisely used, there is no danger; but it is one more household appliance that should not be given to ignorant maids, nor left in the way of young children.

Julia Davis Chandler.

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THE sixth annual reception and banquet of the Boston Mycological Club was held December 8 at Hotel Tuileries. It is quite a popular notion that the winter is not the time to expect any variety in mushrooms; but the wise in mycological circles have long known that, though the number of varieties is not so large as in late summer and autumn, one can still make a selection. The following is the attractive menu presented on this occasion. Mushrooms appear in all the courses save the ices; and next year moulds no doubt will be secured to simulate the green russulæ, the yellow chanterelle, the white hygrophorus, and other forms familiar to students of edible mushrooms.

Menu

Mushroom Canapés.
Agaricus Campestris.
Mushroom Croquettes.
Cepes au Naurelle.
Spaghetti with Mushrooms.
Italian Bolei, Dried.
Mushroom Patties.
Italian Funghi Rossi.
Chop Suey, Chinese.
Sauté of Mushrooms.
Fairy Ring.
Ices. Cakes.
Coffee. Cheese. Rolls.

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A DELICIOUS pudding is simply a corn-cake steamed in a melon mould, and served with a sauce made of sour cream.

Corn-meal Pudding

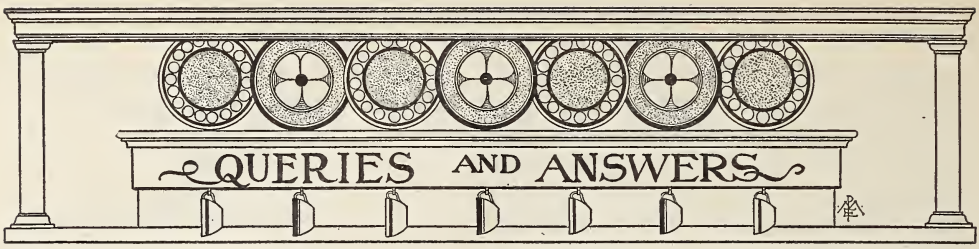
Three-quarters a cup of corn-meal, one and one-quarter a cup of flour, one-quarter a cup of sugar, four teaspoonfuls of baking-powder, one-half a teaspoonful of salt, one cup of milk, one egg, one tablespoonful of melted butter. Mix and sift dry ingredients. Add milk, egg well beaten, and butter. Steam in buttered mould one and one-half hours.

Sauce

One cup of sour cream, two tablespoonfuls of powdered sugar, one-half a teaspoonful of vanilla. Beat the cream until thick, and add sugar and vanilla. Serve with steamed corn-meal pudding.

A delicious dressing for lettuce is made of whipped sour cream, seasoned to taste with salt and pepper. The lettuce should be thoroughly mixed with the dressing a few minutes before it is to be served.

Hilda W. Jacobs.



THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1083.—A. C. V., Lakewood, Ohio: "Suggestions for a silver wedding in mid-winter."

Silver Wedding

The time, afternoon or evening, may be made to suit the convenience of those whom you wish in particular to attend. On the table use white flowers, with sprengeri, smilax, or feathery ferns, as can best be secured. Select silver as far as possible to hold the flowers and articles of food. Small trays will be admirable for cold meats, sandwiches, etc., the bread tray will be in demand for finger or salad rolls, cake baskets for wafers and little cakes, silver bonbon dishes for salted nuts and bonbons, and a chafing-dish tray will be none too large to hold the wedding cake, though this cake is not always provided. A large cake or very small ones may be decorated with tiny, bead-like candies that look like silver. Teaspoons are often arranged upon a table, to form part of the decoration. These may be placed side by side, to form a design on each side of the table or a wreath around the floral decoration, or with them a scroll design may be fashioned near the edge of the table. This silver is for use, and, when the service admits, may be replenished just as the plates of food are replenished at a buffet reception. Simply cakes and ices, with hot tea, coffee, or chocolate, may be provided, or cold meats (turkey, chicken, tongue, or baked ham), decorated with aspic and accompanied with rolls and hot coffee, may precede the ices and cakes. Creamed oysters or chicken in china or paper cases, patty shells, or timbale cases, or croquettes of any kind with peas, are always appreciated. Salads may take the place of the cold meat.

QUERY 1084.—Mrs. S. T. M., Nebraska: "How is custard pie made, to have the crust crisp and the custard smooth? Is it set to cook in a hot or medium oven? How make flaky pie crust with butter? How are Parker House rolls shaped? Mine are always shapeless when taken from the oven. In serving guests, over which shoulder should the maid pass the food, left or right?"

Regarding Custard Pie

A custard pie is not the simplest kind of pie to bake, as the crust and custard require different degrees of heat. But, as a custard that boils is ruined, and pastry may be thoroughly cooked by long cooking at a medium temperature, this method is adopted. Ofttimes the oven is not even moderately heated when a custard pie is set into it. Then the crust will not bake properly. See that the oven *is* moderately heated, and a fairly dry crust is assured. Brushing over the crust with white of egg before the custard is turned in is often advocated, but proper heat is better.

Flaky Pie Crust with Butter

Make the crust in the usual way, using half a cup of butter to three cups

of flour. Roll the paste into a sheet. Wash one-fourth to one-half a cup of butter, and spread it over the paste. Fold the paste three times, turn it around, and roll out into a long strip; fold three times, turn, and again roll out. Repeat the folding and rolling when it is ready to use. The washed butter may, also, be incorporated into the dough in the same manner as in making puff paste.

Shaping Parker House Rolls

Illustrations showing the shaping of Parker House rolls, and the same rolls after baking, are shown in the *Boston Cooking-School Magazine* for January, 1905. These illustrations will explain the matter better than anything we can say. A limited number of this edition of the magazine can still be secured at our office.

The Side to present Food at Table

Dishes from which one is to help himself are presented on the left hand. Dishes are set down before one from the right.

Query 1085.—Mrs. J. T., Brooklyn, N.Y.: "Recipe for *pâte-de-foie-gras* that is prepared in one's own kitchen from calves' liver."

Mock Pâte-de-foie-gras

In a covered saucepan simmer half a calf's liver, three or four chicken or duck livers, a slice of bacon, an onion, sliced, a bay leaf, a sprig of parsley, three or four peppercorns, or half a pepper-pod, and a pint of chicken, veal, or game broth, about three hours. Turn into an earthen dish, cover, and set aside until the next day. Pound the liver in a mortar or a wooden bowl to a paste, adding, meanwhile, half a teaspoonful or more of salt, paprika to taste, and half a cup of butter, or chicken fat and butter, half and half. Mix thoroughly, and press through a sieve. A higher flavor is secured by sautéing the liver and vegetables before adding the broth.

Query 1086.—Mrs. G. B. H. G., Chicago, Ill.: "Recipe for Scotch scones made of oatmeal."

Scotch Scones

Pass through a sieve, together, one cup of oat flour, one cup of wheat flour, three level teaspoonfuls of baking-powder, and half a teaspoonful of salt. Into these work half a cup of cold, cooked oatmeal and one-fourth a cup of butter. Beat two eggs. Add two tablespoonfuls of thin cream, and use in mixing the dry ingredients to a dough. Add more cream as is needed. Turn onto a floured board, knead to get in shape, then roll into a sheet three-fourths an inch thick. Cut with a knife into diamond-shaped pieces, prick with a fork, brush over with white of egg, and sprinkle with sugar. Bake about fifteen minutes. If steam-cooked oats be at hand, half a cup from the package may be used instead of the cooked oatmeal given above.

Query 1087.—Mrs. W. H. A., Togus, Me.: "Recipe for making Scotch woodcock."

Scotch Woodcock

Scald three-fourths a cup of milk, over hot water. Beat the yolks of three eggs, one by one, into three teaspoonfuls of anchovy paste, then add the whites, and beat the whole thoroughly. Cook the egg mixture in the hot milk until the whole is smooth and thickened. Add pepper and salt, if desired. Have ready sippets of toast (long, fingerlike pieces), spread with creamed butter and anchovy paste. Upon these serve the woodcock.

Scotch Woodcock, No. 2

Melt two tablespoonfuls of butter. In this cook two tablespoonfuls of flour with one-fourth a teaspoonful, each, of salt and pepper, then gradu-

ally add one cup of milk and one tablespoonful of anchovy essence (or stir in three teaspoonfuls of anchovy paste). When the sauce boils, add five hard-cooked eggs, cut in quarters, lengthwise, and serve on toast prepared above.

Woodcock Toast

Pound to a paste the fresh-boiled livers of two fowls (ducks preferred), the fillets of two anchovies freed from oil (two teaspoonfuls of anchovy paste may be substituted), half a teaspoonful of sugar, one tablespoonful of butter, one-fourth a teaspoonful of pepper, salt, if needed, and the yolks of two raw eggs. Pass through a sieve, and dilute with a little hot cream, from a cup of cream heated over hot water, mix thoroughly, then cook in the rest of the cream. When thickened, pour over rounds or strips of bread, sautéd to a golden brown in olive oil or butter.

QUERY 1088.—Mrs. R. W. T.: "Recipes for chaudfroid sauce, grape-fruit marmalade, and for canning strawberries and raspberries so as to retain the shape and look like those bought at the grocer's. Where may skins for sausage be purchased?"

Chaudfroid Sauce

Soften half a box or one ounce of gelatine in half a cup of cold water. Melt one-fourth a cup of butter, and in it cook one-fourth a cup of flour, half a teaspoonful of salt, and a dash of pepper. Then gradually add two cups of white or brown stock, milk or tomato purée, or half stock and half purée, according as is desired. Let boil, then add the softened gelatine. Stir until the gelatine is dissolved. Then strain, and use as soon as it is about to "set." For a red sauce use tomato purée; for yellow, add from two to four beaten yolks of eggs just before removing the sauce from the fire.

Grape-fruit Marmalade

Use three lemons to six large grape-fruit. Cut the fruit into quarters, and these into very thin slices, discarding the seeds and white core. Cover with four quarts of cold water, and let stand in a cool place over night. The next morning let cook about two hours in an uncovered kettle. Then add ten pounds and a half of granulated sugar, and cook until the mixture is thick enough to hold up the peel. Store in jars.

Canning Strawberries and Raspberries

Strawberries and raspberries cannot be canned, without artificial means, to retain the natural color and shape. The syrup may be bright, but the berries part with color and become softened upon the application of heat. Berries preserved by the so-called "sunshine method," first given in this magazine ten years ago, retain their natural appearance much better than canned berries. The following recipe, which we have not had opportunity to test, will, without doubt, give satisfactory results, as far as taste is concerned. The recipe was sent by a subscriber.

Canning Red Raspberries

Fill the jars with the fruit, shaking down well (but do not crush). Adjust rubbers, and screw on covers loosely. Put several folds of cloth in a kettle, to prevent contact, then put in the cans, separating them from each other with a folded cloth. Surround with tepid water to rather more than half the height of the jars. Then bring to boiling-point, and boil until the steam will issue from the jar of fruit when opened. Lift from the kettle, and fill to the brim with a hot (boiling) syrup, made in proportion of one cup of sugar, to half a cup of water, and, for a pint can of raspberries, add one tablespoonful of currant juice. The currant juice gives the berries such a rich flavor

Alum Baking Powders, Alum in food in any form, must not be tolerated if we value our health and the health of our families.

Dr. Wiley, Chief Chemist U. S. Agl. Dep.: "Alum in baking powder is regarded as injurious to the system."

Prof. Chandler, Columbia University, N. Y.: "The use of alum in baking powder is dangerous."

Prof. Fristoe, Columbian University, Washington: "The introduction of alum into our daily food is as dangerous to health as any other slow poison."

Prof. Johnson, Yale University: "I regard its (alum) introduction into baking powders as most dangerous to health."

Prof. Wood, Harvard University: "Alum is not a proper substance to be used in the baking of bread."

Prof. Tucker, Chemist N. Y. State Board of Health: "The use of alum in baking powders I believe to be injurious."

Hundreds of Chemists and Physicians testify to the same effect.

Baking powders that sell for ten, twenty or twenty-five cents a pound, or at the rate of a cent an ounce, contain alum.

that those canned without it seem flat in comparison.

All kinds of berries canned in this way remain perfectly whole, and retain a fresh fruit flavor that is lacking when cooked or stewed in a granite kettle. Plums, peaches, etc., require longer cooking than a tender berry.

Skins for Sausages

Your local dealer may be able to procure these for you.

QUERY 1089.—C. M. E., Springfield, Mass.: "Recipe for bread sauce."

Bread Sauce

Cook one pint of milk, half a cup of fine, stale bread crumbs, one onion, in which six cloves have been pressed, half a teaspoonful of salt, and one-fourth a teaspoonful of paprika, about an hour in a double boiler. When ready to serve, remove the onion and cloves, beat in two or three tablespoonfuls of butter, and more salt and pepper, if needed.

QUERY 1090.—Miss O. E., Monroe, Wis.: "What is rice water? It is used in mixing dough in the place of milk or water."

Rice Water

The rice water to which you refer is probably the liquid drained from rice that has been boiled.

QUERY 1091.—D. C., New York City: "Recipes for chicken timbale, partridge as a principal dish in a course dinner, and birds to serve with salad. How braise a fowl? How should it be garnished, and what should be served with it? Also ways of cooking wild duck?"

Chicken Timbale

Use the flesh from the whole chicken or, for a more delicately colored timbale, take nothing but white meat. Scrape the pulp from the fibre, and pound it in a mortar. As there should be one pound of meat pulp after sifting, it is well to start out with one pound and two ounces. Beat in the whites

---

A Brain Worker

Must have the Kind of Food that nourishes Brain

"I am a literary man whose nervous energy is a great part of my stock in trade, and ordinarily I have little patience with breakfast foods and the extravagant claims made of them. But I cannot withhold my acknowledgment of the debt that I owe to Grape-nuts food.

"I discovered long ago that the very bulkiness of the ordinary diet was not calculated to give one a clear head, the power of sustained, accurate thinking. I always felt heavy and sluggish in mind as well as body after eating the ordinary meal, which diverted the blood from the brain to the digestive apparatus.

"I tried foods easy of digestion, but found them usually deficient in nutriment. I experimented with many breakfast foods, and they, too, proved unsatisfactory, till I reached Grape-nuts. And then the problem was solved.

"Grape-nuts agreed with me perfectly from the beginning, satisfying my hunger and supplying the nutriment that so many other prepared foods lack.

"I had not been using it very long before I found that I was turning out an unusual quantity and quality of work. Continued use has demonstrated to my entire satisfaction that Grape-nuts food contains all the elements needed by the brain and nervous system of the hard-working public writer." Name given by Postum Company, Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in packages.



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All that is best in stock, meat, and vegetables,
All that is high grade in trained skill,
Is embodied in every solitary can of

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Then it becomes a custom,
And a wholesome one.
Remember, too, that one 10-cent can makes enough for the average family.

"Just add a can of hot water and serve"

Joseph Campbell Company
Camden, N. J.
U. S. A.



Just as easy.
Here's the trick.
Is there anything so quick?

of two eggs (unbeaten), one at a time, then pass through a fine purée sieve. Have ready one pint of cream, beaten solid, and gradually beat this into the chicken and egg. Beat in at the same time a teaspoonful of salt, half a teaspoonful of paprika, and, if desired, a grating of nutmeg. Cook a little of the mixture in boiling water. Add more cream, if it is tough, or more egg, if it lacks consistency. However, it will probably be about right. Cook in the oven in a well-buttered mould.

Partridges Braised à la Parisienne

Truss the cleaned partridges (four) neatly. Melt half a cup of butter in a frying-pan, and in it brown the birds, turning them, to brown evenly. Put the birds in a casserole or covered stew-pan, add one cup of white wine, a pint of Spanish sauce (tomato purée, stock, onion, etc.), and beef broth, if needed. Cover, and cook about forty-five minutes. In the mean time, peel twenty-four mushroom caps, sauté them in the butter in which the partridges were browned, adding more, if needed. Then add to the casserole fifteen minutes before the birds are cooked. Take the birds out onto croutons of fried or toasted bread, and untruss them. Season the sauce as needed, adding the juice of a lemon and half a cup of butter in bits. Pour the sauce and mushrooms over and around the partridges. Partridge are most frequently served as a game course, with salad. As a dish for the principal course, partridge braised with Savoy cabbage, carrots, and sausage is popular, as is also boiled partridge with celery sauce. Recipes will be sent on application.

Roast Red-head Duck

Draw and clean the duck thoroughly; truss in the usual manner, and roast in a hot oven twenty-five minutes. Set on the serving-plate, and turn a table-

The "Coffee Heart"

It is as Dangerous as the Tobacco or Whiskey Heart

"Coffee heart" is common to many coffee-users, and is liable to send the owner to his or her long home if the drug is persisted in. You can run 30 or 40 yards, and find out if your heart is troubled. A lady who was once a victim of the "coffee heart" writes from Oregon:—

"I have been a habitual user of coffee all my life, and have suffered very much in recent years from ailments which I became satisfied were directly due to the poison in the beverage, such as torpid liver and indigestion, which, in turn, made my complexion blotchy and muddy.

"Then my heart became affected. It would beat most rapidly just after I drank my coffee, and go below normal as the coffee effect wore off. Sometimes my pulse would go as high as 137 beats to the minute. My family were greatly alarmed at my condition, and at last mother persuaded me to begin the use of Postum Food Coffee.

"I gave up the old coffee entirely and absolutely, and made Postum my sole table beverage. This was six months ago; and all my ills, the indigestion, inactive liver, and rickety heart action, have passed away, and my complexion has become clear and natural. The improvement set in very soon after I made the change, just as soon as the coffee poison had time to work out of my system.

"My husband has also been greatly benefited by the use of Postum; and we find that a simple breakfast with Postum is as satisfying and more strengthening than the old heavier meal we used to have with the other kind of coffee." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in packages.



Good Candy

The best confectionery that can be bought is that sold under the label of Necco Sweets. This label was originated as a protection to candy purchasers. The Necco Sweets label on a box of any kind of candy assures its wholesomeness and goodness. Try a box of

Lenox Chocolates

and enjoy the most tempting chocolates you ever tasted—delicate in flavor, rich in quality. This is but one example of the superiority of Necco Sweets. If you would have the satisfaction of knowing that you are buying confections that are absolutely good and wholesome, always look for the seal of Necco Sweets. For sale where the best confectionery is sold.

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Makers of the Celebrated "Magee" Furnaces, Ranges, and Stoves,
Steam and Hot Water Heaters.

spoonful of cold water inside each duck (to stop further cooking). Serve with Bigarade sauce and celery-mayonnaise, or with currant jelly and curled celery on a dish.

Bigarade Sauce

Cook the trimmings of the duck (giblets, etc.) (the carcass of a cooked duck may be added to advantage) in a pint of broth with part of a "soup bag." Strain and skim off the fat, and put in a saucepan with the juice of two sour oranges, a teaspoonful of sugar, a dash of red pepper, and a cup of Spanish sauce. Let simmer slowly, removing the fat as it rises, until all has been removed and the sauce is of good consistency, then add the rind of two oranges, cut in fine shreds, and it is ready to serve.

Roast Plover on Toast

Clean and truss neatly. Cover the breast with fat bacon, and roast in a hot oven about twelve minutes. Set on slices of toast. Add a glass of white wine and a little rich, concentrated broth to the drippings, and strain this over the birds. Garnish the lower end with watercress and quartered lemon. Serve, with chiccory salad, on small cold plates.

Braised Fowl

Truss a fowl neatly. Make hot in a frying-pan one-fourth a cup of butter, olive oil, bacon, or salt-pork fat. In this brown the fowl on all sides. Add a glass of white wine, a pint of Spanish sauce, and a cup of broth. Cover, and let cook very gently in the oven or on top of the range, until tender. Cook from fifty minutes to three hours, according to tenderness. Untruss, and set on a platter. Reduce the sauce, if needed, strain a little over the fowl, and the rest into a sauce-boat. A bunch of parsley, with herbs, and two or three ounces of uncooked ham may be added to the dish in cooking, for flavor. Braised chickens are often garnished with tomatoes, baked whole fowl with timbales of polenta, (corn-meal mush with cheese). Cooked sweet potatoes, sliced and sautéd, and, in late summer, cooked cucumber in supreme sauce, are served with this dish.

Cakes from the Land o' Cakes

(*Concluded from page 302.*)

in several places. Then brush over with beaten egg, and bake in a moderate oven for three hours. It turns out an excellent bun, and should be made several weeks before it is required.

Scotch Gingerbread

Sift one and a quarter pounds of flour into a basin. Add half a teaspoonful of salt, two teaspoonfuls of ginger, one teaspoonful of allspice, one teaspoonful of cinnamon, one teaspoonful of ground cloves, half a grated nutmeg, one teaspoonful of baking soda, four ounces of sultana raisins, four ounces of chopped citron peel, and four ounces of blanched almonds. Melt together, in a pan, half a pound of brown sugar, half a pound of butter, one and a half cups of milk, and two cups of molasses. Let cool. Then add, with three well-beaten eggs, to the dry ingredients. Mix and pour into a well-buttered and papered cake-tin. Bake in a moderate oven for an hour and a half.

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Did the silverware which you gave or received as Christmas presents bear either of these trademarks? If the spoons, knives, forks, etc., had the "**1847 ROGERS BROS.**" brand, or the Tea Sets, Candelabra, Trays, etc., the **MERIDEN B. COMPANY** mark, as here shown, you have the assurance that they are of the best—"*Silver Plate that Wears.*"

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Book Reviews

THREE LITTLE COOKS. By Lucy Crump. Cloth. Illustrated. Price $1. New York: Longmans, Green & Co.

This is a children's story, and a delightful story, too, it is. It narrates the good times, and sometimes mishaps, of three very young children, Ophelia, Thomas, and Heidi, who wanted to play at cooking. There is quite a little about cooking that is pleasant and good for children to learn, and something about work that comes after play. On the whole it is a charming, at the same time, instructive and useful book for children to read. Older people might find pleasure in reading the story to children.

EVERY DAY MENU BOOK. By Mrs. S. T. Rorer. Price $1.50 net. Philadelphia: Arnold & Co.

The volume gives a menu for every meal in the year, also menus for weddings, dinners, receptions, and many other social functions, with illustrations of decorated tables.

Mrs. Rorer has made a thorough study of food and feeding. She has had, also, most rich and varied experience. Her equipment to prepare appropriate and well-balanced menus is unquestioned. This book contains the result of her study and training. She closes a suggestive and explanatory introduction to the book as follows:—

"The most rational dinner, no matter how many guests one may have, consists of a soup, a meat with two vegetables, a dainty salad, wafers and cheese, and a simple dessert. Coffee may be served in the parlor or library.

"The illustrations in this book are not intended as a display of elaborate tables. The book is distinctly a simple menu book. People who can afford expensive decorations can also afford a designer. These few tables have all been simple meals in my own house, and are only suggestions as to what one can do with one or two servants and a very small amount of money."

SERVING AND WAITING. By Eleanor Marchant. Cloth. Illustrated. Price $1.20 net. New York: Frederick A. Stokes Company.

The papers comprised in this volume appeared in the *Delineator* for 1904. They are now combined in attractive book form.

"Practically every form of table entertainment is considered in its pages, with much attention to the details of linen, china, silver, lighting, and floral decorations, and chapters are devoted to informal functions and unique festivities. It is not a cook-book, and yet



THE BOSTON COOKING-SCHOOL MAGAZINE

·OF·CULINARY·SCIENCE·AND·
·DOMESTIC·ECONOMICS·



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A scientific preparation, being the result of extended research by the celebrated Chemist, Professor Horsford, for many years Professor of Chemistry in Harvard University.

It is not only endorsed by most eminent authority for its Purity and Wholesomeness, but receives the commendation of the best housekeepers and teachers of cookery in America, for the light, delicate food made by its use, its great strength, and keeping qualities.

A PERFECT BAKING POWDER.

RUMFORD CHEMICAL WORKS, Providence, R.I.

LUNCHEON PARTY

Fruit Cocktail.
Essence-of-Little Neck Clams.
Boned Smelts, with Forcemeat, Baked,
Fish Bechamel Sauce.
Potato Croquettes. Cucumbers. Sweetbread Patties.
Stuffed Fillets-of-Chicken Breast, Perigueux Sauce.
Cauliflower au Gratin.
Medallions of Wild Duck, Aspic Jelly, with Mayonnaise of Celery in Ramekins.
Orange Sherbet and Pineapple Parfait in Orange Cups.
Black Coffee.

WEDDING BREAKFAST

Grape-fruit.
Clam Broth with Whipped Cream.
Fried Smelts, Sauce Tartare,
Or, Strips of Halibut Fried as Whitebait, Tomato Mayonnaise.
Sweetbreads, Larded and Baked, Pea Purée, Sauce, Sliced Mushrooms in Cream.
Stuffed Fillets of Chicken, Perigueux Sauce. Asparagus Tips.
Chaudfroid of Pullets' Eggs, Cress, French Dressing.
Cup St. Jacques. Coffee.

FORMAL DINNER

Oysters on Half Shell.
Essence of Chicken. King Olives. Celery Hearts.
Boiled Salmon, Hollandaise Sauce. Boiled Potatoes (Pear-shaped). Cucumbers.
Oyster Crabs, Newburg, in Ramekins au Gratin.
Crown Roast of Lamb, Buttered Mushrooms. Banana Fritters, Claret Sauce.
Medallions of Turkey Breast, Aspic Jelly, Celery, French Dressing.
Orange Bombe Glacé. Coffee.

EVENING SUPPER, FEBRUARY 22 (Buffet)

Grape-fruit and Cherry Cocktail.
Hot Bouillon.
Turkey-and-Celery Salad. French Rolls.
Biscuit Tortoni in Paper Cases, Cherry Decoration.

EVENING SUPPER, FEBRUARY 14 (Buffet)

Consommé with Custard Royal (Heart-shaped).
Olives. Celery Hearts.
Chicken Forcemeat Cooked in Heart-shaped Moulds Lined with Pimentos.
Lobster Salad in Aspic (Heart-shaped Moulds).
Rolls. Heart-shaped Sandwiches (Each Two Colors).
"Blood" Orange Sherbet in Fancy Paper Cases.



TABLE DECORATED WITH CRÊPE PAPER FOR VALENTINE DAY

The

Boston Cooking-School Magazine

Vol. X. FEBRUARY No. 7.

Moravian Domestic Life

By Julia Davis Chandler

ABOUT five hours' ride by trolley, far less by rail, from Philadelphia, takes one to Bethlehem. It is noted now as the centre of iron industries, but the chief interest for many tourists is the fact that it was the first Moravian settlement in America. The quaint old community life, with its sisterhoods and brotherhoods and "choirs" of married folk and little children, all in distinctive dress, has long passed away. At Easter or Christmas time the city is thronged with strangers and descendants of the early settlers, who return for the services; and the great Bach festivals also draw hosts of music-lovers from cities far and near.



The first little group of Moravian pioneers settled in the wilderness of Pennsylvania in 1740, after being sent hither and yon for a long time in Europe, enduring all the horrors that contending enemies bring, and suffering from the bitter spite of belligerent religionists. Loving peace and religious liberty, even here they could not stay in their first settlement at Nazareth, but in midwinter were ordered away, because their charitable bishop had ventured to differ from Whitefield, and maintain that "Christ died for the ungodly."

After Whitefield had ordered them to "vacate forthwith" their rude home, they wandered to the wild hills of the valley of the Lehigh River. The following Christmas, encouraged by the presence of Count Zinzendorf, their protector, they went into the stable adjoining the house, on Christmas Eve, and sang Christmas hymns, and appropriately named the spot Bethlehem.

The first home, made of logs, has long since disappeared; but others almost as old remain,—solid stone structures,—still in use. Upon what is now a large city block they stand, surrounding the historic cemetery: the "Sisters' House," the "Gemein House," the "Bell House," the "Schnitz House," and large modern school buildings. The old church, with its valuable "Archives" and library, is near, also the "Widows' House," while the Moravian School for Girls, used as a hospital



House and Stable, built 1741

for the troops during the Revolution, is not far away.

Longfellow, in his well-known poem, "The Hymn of the Moravian Nuns at the Consecration of Pulaski's Banner," has erroneously applied the name "nuns" to the Moravian "single sisters"; and his letter of regret is to be seen in the archive room. Cloister-like, indeed, are the massive stone walls of the "Sisters' House"; the inmates did wear a distinctive dress,—those early Sisters, whose smiling faces look down upon us from the row of portraits preserved in the "Archives." They are robed in long, pointed bodices, laced down the front over the ends of white kerchiefs, which above are pinned in guimpe effect. Their caps of sheer white muslin come to a point over the forehead, with earlaps joined to this point by a narrow band, revealing between just a bit of their smoothly drawn down hair. Married women wore light blue ribbons, and the girls cherry and pink. Marriages were arranged by the heads of the settlement. If a husband be taken away by death, his widow went to live in the great stone house, where each widow had her apartment and tiny garden patch. Now it is used for the widows of Moravian clergymen only and their families, and the Sisters' House and the Gemein House are rented as apartments to members of the Church.

The salesroom that the Sisters had for selling dried fruit, knitting yarn, and thread of their spinning, stockings and garments, candles of beeswax and bayberry wax, etc., and where Washington and his officers came to buy, is still used as a little shop for the sale of souvenir photographs and Moravian candy.

This candy consists principally of large peppermint drops, though you may buy boxes of assorted flavors,—rose, cinnamon, clove, wintergreen, and anise. The whole city is noted for its manufacture of peppermints, just as Lititz is for fine pretzels.

At one end of the Gemein House a modest sign tells you that there is a salesroom, where, on entering, you find Sister Shultz ready to dispose of old candlesticks, lard lamps, spinning wheels, and other old things, also souve-



Sisters' House, built 1751



Fireplace in Bell House, 1745

nir photographs of the buildings, and copies of the portraits of Count Zinzendorf and the early bishops.

When Chastellux came to America, he stayed at Bethlehem, and in his "Travels in North America" he speaks of the well-built town, with carefully-shaded walks after the European fashion, the stone houses, choice husbandry, and carefully made tools. Also he remarks upon the provision made for recreation; for there was a room open to all tradesmen where they could come for rest and pleasure and musical rehearsals, with the instruments kept hanging on the walls. As he concludes, there was almost a complete separation from the world, yet with all the comforts and many of the luxuries of polished life amid the forests of a new land.

At the old Sun Inn, still a leading hotel in the business part of the town, De Chastellux fared well on wild deer, birds, brook trout, wild berries, and fine vegetables, with tankards of good old port and Madeira, far better than he had found elsewhere. Washington stopped at this old hostelry in 1782, and Lafayette was carried here, wounded, during the Revolution, before being taken to a private house not far away. The descendants of the pretty Miss Beckel, who amused Lafayette in his hours of convalescence, and whose father feared she might lose her heart to the gallant Frenchman, live not far away. In her old age she is said to have remarked that, when the patriot cause was unpopular, and no one could foresee how the war would end, there were very few who cared to do honor to Lafayette, compared with the throngs who came to see him when he revisited the United States.

The "Pennsylvania Dutch" do belong to rather odd sects, unheard of elsewhere; but the Moravians have nothing to differentiate them markedly from any dignified, earnest body of Protestants, save their interesting history, some old observances still maintained, like the "Love Feast," their superior musical knowledge and inheritance of choice old church music.

Like the early settlers of New Eng-



The Gemein House

land, they appreciated education, and established schools in all their settlements. They resembled the Quakers, who also educated their children, and held women to be quite the equal of men, though they pursued different avocations. Like all struggling colonists, at first the women had to share in securing the crops, while the men stood guard lest the Indians surprise them; that is, the hostile Indians, for the gentler tribes dwelt here in safety,—in fact, lived near the Moravians, and many lie buried in the famous cemetery close to the learned graduates of European universities. Here on the flat breast stones may still be deciphered their savage and baptismal names. Here, too, are the stones placed over the graves of gently-bred women of noble houses from many provinces of Central Europe.



The Schnitz House

The Moravians take good-humoredly, though wearily, the references to the early single sisters as "nuns," and reply to many questions with the patience required by Louisiana people when over-enthusiastic Northern tourists talk of Evangeline, and fail to recognize the Acadians in what are there known as "Cajens," such as Cable mentions in his stories. The Moravians refer you to their archive room, to see the old portraits showing the costumes, which were not very different from the dress of the period in Europe.

Choice embroidery these ladies taught, and yet no labor was too difficult for the Sisters. They spun the West India cotton for city and home markets, first pulling it apart and picking out the seeds by hand, then carding it into flakes, and finally making it into rolls by means of the spindle. To earn seven cents a day in making thread and working and knitting cotton was thought a good wage.

Apple and plum orchards thrived, and the fruit was prepared for market by the Sisters in the little cottage here shown, called the Schnitz House. The name comes from the German verb "to cut," since so much patient labor with the knife was necessary before the apples could be spread to dry in the sun. Apple butter they made in quantities. This is still made on most farms throughout the State. Often the kettle is swung out-of-doors. All this industry has ceased in the Moravian buildings in Bethlehem, and the yellow cottage is the headquarters of the Moravian branch of the King's Daughters.

The old bell of the Bell House used to call the Moravians together for meals. The breakfast hour was six, and the meal consisted of coffee, bread and butter, and molasses. At nine o'clock came "the piece," as the mid-morning lunch is still called in Pennsylvania,—a German custom that the grasping mining companies have long sought to crush out, since it takes the men and boys away from work for fifteen minutes. The right, however, has lately been reluctantly acknowledged by the

coal companies. The early Moravian "piece" was home-brewed beer and "Moravian cake,"—a fancy bread. In later years, in some homes, it consisted of cold meat, pie, and bread and butter. The bell sounded a little before twelve for dinner. At two came "vespers," which was a repast of coffee, bread and butter. Often the "Moravian cake" was served at "vespers." The Moravian vesper meal is the equivalent of the English five o'clock tea. If company was asked, then smoked beef and preserves might be added. At six o'clock came supper.

In families that could live "full and plenty"—say those who have recorded the ways of former generations—they baked bread in large quantities every Saturday, also cakes and pies. Then, too, doughnuts, or Fastnacht cakes, as they are called, were fried, and crullers. Cake and wine were passed at weddings. Vineyards, in German fashion, were not productive, and the wine industry was early seen to be unsuited to the locality.

The "Moravian cake" is a delicate risen bread, made with a potato sponge with some shortening, like a fine roll or bun. When twice risen, it is made into a large sheet of medium thickness, and placed in a baking-sheet. Then deep finger impressions are made over the surface at regular intervals. Melted butter is poured on freely, and light brown sugar with a little cinnamon is spread over, thicker than frosting. The sugar and butter do not candy, like "cinnamon bun," which is rolled, but the sugar remains rather dry and crumbly. The demand for this novel bread is very great. It is made for special meals, like Sunday night supper, throughout the year in all homes.

Similar bread is used for the "Love Feasts" at the church, only no sweetening is used, the flat buns being without butter or sugar. These, with coffee, are passed during certain week-day services in the church known as "Love Feasts." The officiating minister takes his repast from a mahogany table before the high pulpit, which is very like the



Moravian Church and College, Salem, N. C.

pulpits with side stairs still to be seen in New England churches. Indeed, the plan of the church with doors for the congregation to enter are much like the old church in Worcester where Bancroft, the father of the famous historian, used to preach.

Long before light on Easter Sunday the joyous Easter service is held, and, unless the snow covers the old cemetery, the closing part of the exercises are held there. The officiating clergymen leave the church, followed quietly by the congregation, just as the first dawn breaks through the gray of the morning. Facing the east, the Trombone Choir sound the old sweet hymns of remembrance for those who passed from earth so long ago and for those of the church "whose feet have completed their journey, whose hands have ceased from their labors" only recently.

Easter service in Bethlehem is something not to be forgotten, however casual a visitor and participant you may be. The writer had the pleasure of stopping with one of the women sacristans of the church, and lodging in the old Bell House. At three o'clock we wakened to hear the high, sweet notes of the trombone horns sounding from the belfry of the church, when all the city was still and the sky dark. Hot coffee and Moravian cake awaited us before we went to the service. For, so great are the crowds, one must go long before light, to secure a seat in the church. After the service we breakfasted, but coffee is always taken previously to prevent one from becoming chilled. The past year Easter came late, and the grass was green and an old willow was beginning to show leaves; but often, when Easter comes in March, the snows lie deep and the winds are severe, high among the rugged hills, which seem like little mountains.

Bernardin de Saint-Pierre, the noted author of "Paul and Virginia," relates a story of a Moravian of Europe who, when a number of cavalry men demanded forage, led them by several fields of grain before he opened a way for them to follow him into a field. When questioned as to why he had thus taken them some distance un-



Gateway to Moravian Cemetery, Salem, N. C.

necessarily, and why other fields were not as good, he replied, "The others were as good, but they were not mine to bestow upon you."

The Moravian teaching seems almost like the wisdom of the "Tao Teh King" of centuries ago in China: "To understand what is to many insignificant, this is enlightenment; to keep what is tender, this is strength. Make use of the Light when you return home to its source. You will not be bereft of a body through all changes, and will sojourn with the Eternal for æons."

Rachel Tremlin: Banquet Supervisor

By Frances Campbell Sparhawk

Chapter I.

"WHY not put out your sign, 'Caterer,' at once?" cried my horrified mother, whom I had not taken into confidence until my arrangements had been made, having known the result too well.

"No, mamma, not 'caterer.' Something far more 'chic,'" I answered cheerfully, smiling through a little mist.

"Rachel, if you do this thing, I shall water my bread with my tears."

Poor mamma! But, then, she would have bread to water, which otherwise she might not. The thought consoled me.

It is said people like to do what they can do well, and I always had a fondness for cookery. The work did not depress me. And I became accustomed to many things, and found that being looked up to and looked down upon are merely relative terms. I found that exerting one's faculties was healthful, and I discovered what the aroma of my own wealth formerly hid from me, —the atmosphere of these homes into which I went, not now as guest, but as worker. I had been a society girl and woman. I play well upon both piano and violin,—not as well as in the days of my wealth, my kind audiences would have had me believe, but as an amateur. I speak French and German, but for these everybody wants a native. Then, I'm not up in methods of teaching; and in pedagogy, if in anything, to be out of the fashion is to be out of the world. I'm not incapable of learning. But mamma and I were both incapable of waiting for something to eat until I had learned.

One thing, however, I do know well, how breakfasts and lunches and dinners should be served. And, having been a moneyed woman until almost the time of my experiment, I was so nearly up to date in this art that I was really ahead of the people in this newly made city. My winters in New York gave me prestige in my own home. Mamma and I were invited there still. But I resolved never to depend upon my uncle for clothes and for spending money, as well as for hospitality. When other things failed me, I perceived that these society fêtes with which I was so familiar would do me good service. I have an eye for effect, and can make beautiful pictures out of exquisite linen and dainty china and cut glass and flowers and plants. So I went into the houses of my former hostesses and guests to superintend breakfasts and lunches and dinners for their guests. Everything was committed to my hands. The hostess entertained her guests without a thought beyond. My place in these feasts, in which I

used to be one of the guests of distinction, was behind the screen in the dining-room, from which vantage-ground I overlooked the dishes as they passed me on the way to table or sideboard, and directed the waitresses in such matters as I had not been able to make them digest in advance.

My first experience was a dinner at Mrs. Heritage's. There were to be twelve at table. In her large dining-room the number was easy to manage. She was the difficulty. As I entered the house that day, took off my wraps and went toward the kitchen, not only the things on the range, but everything in the house, seemed to me at the boiling-point, even bubbling over. Mrs. Heritage, who had always been amusingly courteous to me, greeted me merely with a flash of her eye and a toss of her head, and "You're late, Miss Tremlin."

I was slightly ahead of time. But, as I had no wish to add to her excitement, I looked at her an instant, then walked up to the range where the cook, who might have been fairly useful, if she had not been frightened to the point of tears, stood stirring something,—what I could not at first make out.

"I began on the soup, Miss Tremlin," explained Mrs. Heritage. "I was afraid you might not be here in time. Now are you quite sure you are up to the mark? I wouldn't have this dinner spoiled for the people who are coming, not to benefit a thousand Miss Tremlins."

"Business, business, Rachel!" I said to myself. "Don't add to the confusion by boiling over, too." "That's a matter you must decide instantly and once for all, Mrs. Heritage," I answered. "Our arrangement was that for the time I was in the house I was supreme in kitchen and dining-room. You were to keep away from them until I should send for you to make your inspection before dinner was announced."

Her eyes flashed lightning. "In my own house?" she cried.

In silence I looked at her steadily for a moment, then turned to the door of the passage leading into the hall. She remembered enough of me in days past to know that I should have kept on walking out of the house and have never come back, for a hand was laid on my arm and an anxious face peered into mine.

"Of course I want you," she said, "*Of course.* Be good enough to stay, please."

"On the terms of our arrangement."

"Yes, I suppose so," sulkily.

She turned away and left the kitchen, the swish of her skirts and the emphasis laid upon the closing of the door behind her suggesting the import of her muttered words.

"Kitty," I said to the frightened maid, "shall I tell you a secret that, if you will never forget, will make you a better cook?"

"Shure, if you please, mum," she answered eagerly.

"Then never be afraid. Be sure you're going to do well, and you will. Try it now."

The shadow vanished from Kitty's brow; and, as her anxieties went to the winds, many of the ways in which I had been assured that she was stupid went with them, and, under the stimulus of praise, she developed more skill than I had given her credit for. A few kind words turned the other two maids from sulky attendants into cheerful coadjutors.

I tried to shut my ears to sounds about the house, but I perceived that somewhere the ebullition continued. More than once stormy voices rang out, and I heard tempestuous steps. Suddenly from the dining-room I heard Maud Heritage's sharp voice. "Angie," she cried, "what are you about? Let those flowers alone. I heard mamma especially ask Miss Tremlin to arrange them."

"Miss Tremlin's no account," retorted Angie. "Mamma said so herself just now, but that she was as stuck-up as if she'd made two or three millions instead of losing them."

"Of no account in one way, of course," returned the elder sister, not taking the trouble to drop her voice. "But she has exquisite taste, and I'd as lief have a hippopotamus poking around flowers as you."

"If I can't come to the table, I might do something," retorted Angie. "And I know what you'll be with that new gown on you think you look so killing in,—

'Netticoat, Netticoat,
With a white petticoat
And a red nose.'

The skin is all peeled off your nose horseback riding with Fred Lamson. You'll pile on the powder and think nobody sees through it, and Charley Newman will think you're pale staying in waiting for him to call. I'll tell him. Or perhaps you'd rather have me tell Mr. Nat Frankland when he comes?"

More words followed, when the opening of the front door and a heavy step announced Mr. Heritage. The sisters ran into the hall. In another moment Mr. Heritage's deep voice made itself heard in an ultimatum. "If you can't keep Angie in order, you'll have to let her stay out of order," he said angrily. "I won't be mixed up in your quarrels. I've told you more than once that, when I've got you the money to dress and gad about on and give your parties and your dinners and fol-de-rols, I've done all that can be required of a father. Remember it, won't you?"

Was Nat Frankland really coming here?

How I hoped not!

Mrs. Heritage's dinner was a great success, and opened the way to further engagements. For several weeks matters went on without anything of further interest than that I made my way well. I bought the best books and magazines upon cookery, I studied, I practised, I originated. I was coming more into demand.

In December I had charge of a ladies' lunch. The talk was of the expected advent of Mr. Frankland. Why should I have cared? I had never seen him, although in my school-days I had been deeply interested in hearing about him. He was then wandering over the world, adding to his stock of learning. For his sister's account of him made him a great scholar; and, however much he had then attained, there was no doubt that he was fond of study, an omnivorous reader, a fine musician, and—if his sister was still to be credited—a handsome and altogether delightful man. All this had been seven years ago, when Helen Frankland and I were classmates, chums, and dear friends; and it had been Helen's air castle that some day we were to be sisters. But, when we parted at the school doors, vowing to meet very often and write one another still oftener, Nat Frankland was still abroad, and Helen had no opportunity to try whether her dream had a chance of coming true. I went abroad for three years. Helen married a very rich man. Now she was a widow with two children. On the death of her husband she had gone abroad, and while she was away I had lost my money. In the years our correspondence had lapsed. But I learned by the conversation that morning of the lunch that she had taken for the winter a beautiful house in our city, and that her brother was coming in advance to put things in order for her.

Years ago I had laughed at and forgotten my girlish vagaries about Nat Frankland. But Helen! I wished she were not coming, or that I had never loved her, for she would be like the rest. I would not think about her.

All that concerned me was that the lunch went well.

Mr. Black and his sister had come to the city for a few weeks, bringing me letters of introduction from an old friend of my father's, asking me as a favor to him to show what kindness I could to these dear friends of his. The new-comers had the desired favor all ready, and were not slow in naming it. I gasped. They knew no one but me. Mr. Black's blindness made quiet and confidence in those about him a necessity. They wanted to board with mamma and me.

I took them under protest. Miss Black would not even look at the only rooms I could offer them. She was sure anything we had was delightful. That was true. We had saved this house from the wreck of our fortunes and had gone into it, with my work to support it on. Miss Black promised to be satisfied with everything I should do for them. Mr. Black's wooing of my lovely terrier went far toward winning my heart. Another reason influenced me also.

Mr. Black was a gentleman of the old school, with courtly manners and an unselfish character. So far from burdening others with his infirmity, his presence had a restfulness often very soothing to me. I believed that his own experience had taught him many of life's vicissitudes, and his silent sympathy comforted me. They treated my mother with deference, and she greatly enjoyed them.

Shortly after their advent Mrs. Hardy came to the house one morning. Her father and mine were brothers. She, ten years my senior, had affected me greatly in my palmy days. Now she called me "Miss Tremlin" in public. My new friends seemed to consider her one of the family. The lady froze them immediately, and to me was more than usually distant and business-like,—an improvement upon her patronage. She wished to give a faultless dinner to Mrs. Reginald and Mr. Frankland when the former should arrive, and wanted to be sure of me in advance, and have me think matters over, that I might excel myself. As, in discussing the affair with her, I made a few suggestions, she grew enthusiastic.

"Really, Rachel," she said, "it would have been a pity if you'd not lost your money. You get on so excellently as a poor woman and are so talented in your line. You'd be a great loss to the rest of us."

I happened to glance at Mr. Black. He had stopped talking with mamma, and was listening attentively.

"O, Hannah," cried mamma, "how can you say such a thing?"

Mrs. Hardy laughed. "True as the gospel," she retorted. "And you seem to be getting on well with such a capable daughter, Aunt Eleanor."

"Rachel is everything to me," answered my mother, with dignity.

"She *is* about everything," sneered Mrs. Hardy. "Well, I must be going. You understand, Rachel. You always do that." Then she turned toward the strangers. "You said these were your boarders, Rachel? An old blind man and an old—lady! You must be hard up. I had hoped your talent was supporting you better."

"Miss Tremlin consented to take us in only because we are friends of an old friend of her father's," interposed Mr. Black before I could speak. "And, also, I am under the impression, for the reason that she understands us not to be blessed with a large share of this world's goods. The favor is ours, not hers."

"Much pleasure is hers," I returned hastily.

"I see! A mutual benefit society," retorted Mrs. Hardy, with her scornful smile. "Very interesting!"

And she swept out.

"Um!" commented Mr. Black. "Quite a swell!"

The dinner at Mrs. Wind's to Mr. Frankland was unusually long or I was tired. But it was over at last. I was preparing to go home, glad enough to be out of it all, when Mrs. Wind came to me.

(To be continued.)

In an Old Bible

By Cora A. Matson Dolson

A little scrap of figured lawn,
The memory of your keeping gone;
Between these leaves you lie to-day,
Pressed here in some forgotten May.

But none of those who held you dear
Are left to tell who placed you here.
A baby's dress, perhaps, were you,
The short sleeves knotted up with blue,
And dainty hemming trimmed with lace,
With sash to hold the folds in place.

Or prattling youngster's gathered kilt,
Or blocks to set a young girl's quilt,
Or apron that some mother wore,
Or grandame's kerchief, crossed before.
Or were you once a maiden's gown?
Or cushion cover, filled with down?
Or valance for a high-post bed?
Or curtain for a cradle's head?
Dear little scrap, you cannot tell
The secret, though you keep it well.
So I will give you one caress,
And leave you in your safe recess,

That old worn Bible on whose leaf
Is this inscription, dim and brief:
"To Mary, eighteen hundred ten"
(Ah! none of us were living then).
Yet keep, wee scrap of white and blue,
Her memory treasured here with you!

Borrowing

By Kate Gannett Wells

BORROWING and procrastinating are companion foibles, for one who is always putting off what has to be done has to borrow somebody's else time, patience, and ability to help her through when the moment arrives for action. Though borrowing may be a habit chiefly in regard to things material, yet most of us, at one time or another, know how our strength is taken out of us, how we get "devitalized," by the way in which our friends and acquaintances lie down upon us through their lack of energy or initiative. They borrow our mental and physical capital, seldom repaying it with accrued interest.

It is often asserted that all business depends on borrowed capital. Be that as it may, it is not the large transactions of banks and syndicates with which we are now concerned, but the petty borrowings of daily life in home and society. Borrowing presumably is as antique a custom as bartering, only in the latter case there is at least a theory of equivalents, while in the former one usually gets something for nothing. There is such an uncanny, fatal facility in the habit of borrowing that one quickly gets accustomed to the idea that it is as well to borrow as to own; and, repayment often being merely a matter of personal honor, it grows doubtful.

It almost seems as if a climax in the evils of borrowing has been reached by the frequent mode of living on the instalment plan. That way of getting along in life, like the mania for borrowing trifles, is accompanied by an access of optimism which enables one to rely on the future with a sense of security that a pessimistic person cannot comprehend. A thorough-going pessimist never dares to mortgage the future, for that is what all borrowing amounts to. To mitigate the misfortunes of to-day by loans from the future is too often a break-down policy in health, affection, and honesty.

Though housekeeping begun on the instalment plan is often risky, its bright side is its recognition of actual values. Like purchasing a house on the mortgage plan, it has its justification in sound business principles, at least for him who holds the mortgage. Alas for the woman who pays interest on it! Its wisdom or non-wisdom depends upon whether or not her perseverance becomes so final that at last she owns her home free of debt or interest. In the same manner she may finally own her furniture and sewing-machine. Still, let her beware of any specious statements about payments on easy terms. And may she always draw the line at a wedding ring or a mock diamond engagement ring, paid for at so much a week by the husband, if he can, by the wife, if he won't, unless she is plucky and foregoes that sign manual!

The easy adaptation of one's self to the instalment plan may begin in childhood. Cellar steps and back yards witness not only swaps in marbles, but loans of pencils, chalk, string, chewing-gum. If as good as what has been loaned does not come back punctually, there are words, rows, knock-down arguments. As little girls grow older, they borrow each other's hair ribbons, always a hazardous proceeding as to their being returned in good condition, if at all. Then arise such scrimmages and insistences, with something extra to make good the loss or injury.

Boys borrow each other's skates, sleds; but woe to the little fellow who bursts a strap or bumps the sled into pieces! Recess time is as exciting an hour for loans among children as the noon hour is on the stock exchange. Gradually come the years when books and umbrellas are borrowed, recalling the story of Ralph Waldo Emerson, who, as an old man, not always able to think of the word he wished to use, described an umbrella as the thing people borrowed. To many persons the loan of stamps constitutes a vexing problem. Because one is a hostess, ought she to loan a guest stamps or give them to her? She may place them on the writing-table in her visitor's room, but, as they disappear, will she find a pile of cents? Are stamps a guest's perquisites as compensation for the fees she gives her hostess's maids?

Again, in going down town with a friend and stopping to lunch somewhere, when one of the two is asked to pay for the other, who alleges she has forgotten her purse, the lender may well think how careless she was not to have first found out if her companion had any money with her. Two people go out of town together to see some game or to the theatre. On coming home, one of them finds she has loaned the other the value of car-fare, ticket, and a "little extra, just to get home with in case anything happens." She may not get caught by the same person more than twice or until she has been paid in full.

Harder still is it to refuse the loan of five dollars or of five hundred when a friend is in actual need. But has any one a right to loan another, if wife and children are dependent upon him? Ought one to become surety on another's bond, when he has such small means that forfeiture on the bond

means ruin to him? It is very easy to say no one ought to make such requests; but, as long as people do, we wonder if it is not more right to refuse because of one's family than to yield to the pressure of friendship. The families wrecked by the refusal of friends to loan money or to become bondsmen is equalled by the number of those who, having loaned or become security for others, have lost all through default of the men or women they trusted. Yet at the same time the thousands of instances, in which loans have been Heaven's blessings and have been returned with interest and with perpetual gratitude, show how good and wise is much of human nature, how trust can never be totally abandoned, and how, the right moment to help being found, such assistance brings forth a thousandfold in value to that lent.

Yet the disasters that so frequently overtake the lender, and the grief that ought to come to the borrower who fails to redeem his word, would not so often occur if the borrowing habit were checked in girlhood. Girls wear each other's veils, laces, stickpins, and call it sentiment. Boys borrow note-books, and call it friendliness, or petty cash, and call it forgetfulness, or small bills, and call it a little matter of honor. Books are borrowed and never returned, sets being thereby destroyed. As for borrowing in order to pay debts at bridge, whist, or at any kind of gambling table, the lender does almost as much wrong as the borrower, who is encouraged by the loan to try his luck again.

Borrowing also leads to stealing. It was Clara Morris, the actress, who, as a little child, picked up a potato in the street which some one had dropped. She ran with it to her mother, saying, "I des founded it on the very ground, and I'se so hungry." But her mother made her take it back. Miss Morris would have put two cents in the stamp-box for each stamp she took. A few years ago a man in one of the Western States was sentenced to imprisonment for life for holding up a mail car, though he had secured but a two-cent postage stamp. After fifteen years of imprisonment President McKinley gave him his freedom. Did that man have the borrowing habit as a boy?

It is so silly to make a fuss about just borrowing a trifle, says somebody. Yet it is no more a trifle to borrow than it is for the treasurer of some small society to use its stamps for her personal postage, or to pay for a hack in which to go on some of her own errands as well as on one for her society.

If we would simply learn to do without that which we do not possess, to limit our desires, and to stop building imaginary pleasure castles, we should no more think of borrowing an egg from our next-door neighbor than of stealing a ten-dollar gold piece from her. We would let our daughters wear their last-year's gowns to balls, unadorned by any finery, and we would honor our sons for going without tickets for theatres and football games rather than borrow their price from friends or parents.

February

By Judith Giddings

Gray days and cheerless days,
Fog and mist and rain,
Countless little rivulets
Chasing down the pane.

Restless streams a-murmuring,
Turning in their bed,
Pussy Willow peeping forth,
Winter'll soon be dead!

Reminiscences of Life in Mexico

By Rose Russell.

THE conductor, with a wave of his hand to the engineer, jumped on the train, which in a minute was speeding down the track, leaving a rapidly disappearing cloud of dust in its wake, and leaving me, hot, dusty, and tired, on the platform at the station of Lágrimas, a small town about four miles distant. The station, being a comparatively new stopping-place, consisted of an old box car, surrounded by a few *adobe* huts with their usual quota of dirty women and dirtier children, lean dogs and leaner pigs, and a few miserable-looking hens.

Not seeing the conveyance that should have been waiting to take me to my destination,—an old *hacienda* near the town, and which was to be my abiding-place for the next two months,—I spoke to the rather stupid-looking agent, whom I found talking to a *rural*. When asked if he knew anything of the coach which should have met me, he replied with a "*Quien sabe?*" but added that the *coches* from town had gone back, as the train had been three hours late. "Will they come back to the station?" "*Quien sabe?*" "Can you tell me if there is any way of reaching the *hacienda* this evening?" "*Quien sabe?*" I turned away disgusted, not knowing what to do, as my husband would not be there until next day, and I could not attempt the walk through the heat and the *adobe* dust. The *rural* must have seen how discouraged I looked, for he courteously asked if he could be of any assistance to me by going after the coach of the *hacienda*. Of course, I accepted his kind offer, and he immediately rode away, saying he would return as soon as possible.

And now hunger began to assail me, and I had not a scrap of lunch left. So, leaving my impedimenta with the agent, who, as usual, did not know if they would be safe, I wandered among the huts in search of *frijoles*, for I knew that that was about the only dish to be procured there; and the brown beans, cooked as only a Mexican can cook them, are not to be despised. So, going to the cleanest-looking hut, I told my wants to a woman who was making *tortillas* and scolding the dirtiest-looking Cupid I had ever seen. She brought me out her only chair—a little box—to sit on while she prepared my dinner. Meanwhile I watched the *modus operandi* of *tortilla*-making. She had a *cazuela* at her side, containing some corn-meal paste, made by soaking corn in a weak lye to remove the hull, then grinding it fine on a *metate*. Taking a portion of this in her hands, she deftly patted it, forming a thin, round cake, which she baked on a piece of iron placed over a smoky wood fire.

She had taken up a piece of the paste, when she thought her *niño* would be the better for a little chastisement. So she gathered him in, administered a spanking where it would do the most good, put him down yelling and rather powdery with corn-meal, and went on calmly patting her *tortilla*. Yes, it was hers, as were all the rest; for my appetite for *tortillas* was gone for that day. However, she fried me some eggs, and kindly poured the lard over them. These, with some fried beans and *peon* coffee,—a mixture of coffee and parched corn flavored with cloves,—furnished me a meal which could not be duplicated at the Waldorf for the same price,—two *reales*.

As I was going, she proudly pointed out to me her *esposo*, who was trans-

ferring some hardware from a freight car to an ox-cart. A Mexican *peon* is not endowed with a great amount of brains, and this particular one would take a wheelbarrow, put another in it, and wheel it to the cart. All well and good; but when, instead of leaving them both there, he brought one back to load another on, he displayed the small amount of reasoning power possessed by the average lower class Mexican.

At last, after waiting about an hour, my eyes were gladdened by the sight of the coach; and such a coach! It had evidently outlived its usefulness years ago in some larger town, and had been sent to this place to do duty for another cycle. In all small interior towns in Mexico there may be seen awaiting passengers ramshackle coaches of the most ancient types, with broken springs, broken harness, tied together with rope, and drawn by half-starved horses. Gustave Doré, with his weird imagination, never depicted such decrepit *Rocinantes* as drew my coach. However, I had no choice, so climbed in, and away we went at a gallop, which lasted exactly ten minutes, and then we were over an hour going about four miles.

How glad I was when, at dusk, I saw the gates of the *hacienda!* How glad when I saw the care-taker awaiting me, and how very glad when she showed me a room containing a comfortable-looking bed, and brought me a *merienda* of chocolate and *pan dulce*,—a sort of bun! Before eating, I looked around for the washstand. Of course there was none. Upon asking for some water to wash the dust off, the care-taker, Doña Pascuala, threw up her hands, and said that I would surely become ill if I washed while heated. She went off, muttering, and brought me about a pint of water in a small dish-pan. The bed, when divested of its ornate covering, was not as comfortable as it looked, having but one sheet, a lumpy cotton mattress, a small cotton pillow, and a soiled blanket. I, nevertheless, being tired out, did not wait for dinner at nine, but retired and slept sound.

All the discomforts of the previous day were forgotten in the delights of the awakening next morning. A gentle tapping, tapping, at my chamber door, and a small, plaintive voice calling, "*Niña, niña,*" aroused me, and I opened my eyes to find the room flooded with sunshine that poured through the glass doors which opened on a wide corridor filled with flowering plants and bird-cages, whose occupants were almost bursting their little throats in song. The persistent little voice, with its "*Niña, niña,*" made me jump out of bed to admit the tiniest of maids with the *desayuno*, or early breakfast of chocolate, a roll, and a glass of milk. I sent her for some water to wash with, and she brought me some in a glass. Doña Pascuala, coming along at that moment, was again horrified, not conceiving in any possible way how I could have become so dirty in the night as to require washing in the morning. Many Mexicans think that the Americans are very dirty people, as they require washing so often.

After dressing, I asked Doña Pascuala to show me the house and the part allotted to us. The building—a one-storied *adobe*, with walls two feet thick—was surrounded by an immense garden, filled with fruit and shade trees and a perfect riot of flowers,—such a garden as I love. Indeed, the garden and corridor made up for all the deficiencies of the house. The owners being dead, we had rented part of the house from the *administrador* of the estate, who still employed about fifty *peons*, whose huts were at some distance from the house. We were to have the principal part, consisting of parlor, dining-room, kitchen, and two

bedrooms, which were all furnished in the Mexican fashion. In the States the rooms would have been charming, as they were large and lofty, ceiled with carved and polished oaken beams, and with floors of polished red tiles; but, furnished as they were in the ordinary Mexican style, they were horrors.

The parlor, with its bent wood furniture placed stiffly against the walls and its two marble-topped tables loaded with cheap china ornaments, gave one a pain. On the walls hung an oil painting of the Virgin and several family portraits. One of these, an old Spanish admiral, would pass as a portrait of John Paul Jones.

The dining-room, with its long, oilcloth-covered table, had a redeeming feature in the shape of a magnificently carved sideboard, a perfect art treasure. The bedrooms each contained a brass bed, a table with a cheap looking-glass over it, a chair, and a wardrobe. In hunting over the house for something to utilize as a washstand, I came across a portable bath-tub that had never been used. It had its own heating apparatus,—an iron vessel which, when filled with live coals and placed in the tub, would heat the water in about ten minutes.

The kitchen had no stove, but that was of no great importance, as the *brasero* was very large, and, after I had got used to charcoal, I managed quite well. Indeed, for the cooking of some dishes I preferred it. Not a shelf nor a closet, for a Mexican family has no use for one. Their few kitchen utensils, when not in use, were placed on the side of the *brasero;* and, as they buy their supplies, including coffee, sugar, and lard, daily, the closet becomes unnecessary.

George arrived that day with the trunks and a few necessaries, such as ham, bacon, butter, baking-powder, etc., which I knew were unprocurable in the town at that time. Doña Pascuala found a girl for me, as an American woman cannot keep house without one in Mexico, the work being so different. I had my trials and tribulations with this particular *criada.* In spite of all my instructions she would, after plucking a chicken, wash it with soap and scrub it with a brush. I have since found out that every Mexican cook washes poultry in the same manner.

I was obliged to show her the same thing over and over, day after day. She could not, or would not, remember anything. She would always dust a room before sweeping it, sit on the floor with a dish-pan and wash the dishes, and, if I was not looking, wipe them on her apron. I could never teach her to make the bed properly. She would invariably put on only one sheet, fold the other up and put it under the pillow, to be used in place of a night-dress, as is the custom of those of the Mexican women who do not go to bed with their clothes on. Now some of the upper classes, but very few, however, have discovered the use of the night-dress. I saw María once showing mine to some of her friends as a great curiosity. María's friends were a great nuisance. I was obliged to lock up everything, as otherwise it would be stolen. I did, indeed, put a stop to the study of phrenology in the kitchen, and would send María and her visitors outdoors to conduct their explorations.

Though we had plenty of fresh vegetables, meat, with the exception of goat, was a luxury, as a beef was killed only once a month in town. For the rest of the time it was goat, goat, goat. Even now I cannot see a child reading "Robinson Crusoe" without a feeling of nausea. As necessity is the mother of invention, I found some rather palatable ways of cooking that animal. The Mexican fashion is either to broil or fry it, thus bringing out its full flavor instead of

disguising it. However, we managed to live very well, as we had, besides the vegetables, plenty of fresh fruit, among which I must mention the *aguacate*, which makes a delicious salad.

I had been at the *hacienda* but a short time when I received quite a number of callers from the town, mostly young girls, accompanied by their mothers. They were pretty, but with rather a dollish sort of beauty. No great amount of intelligence was displayed in their conversation, as a Mexican girl of the middle classes never sees a newspaper, and knows absolutely nothing of what goes on in the world. Their knowledge of geography is sad and wondrous. I was asked over and over again if I came from New York, the United States, or Texas. Their inquisitiveness, though, made up for all that was lacking in conversational powers, and kept me busy answering their numerous questions.

I do not know the Spanish term for "gall," but, whatever it is, some of the women possess it to a great extent. They would manage to call about supper time, and invite themselves. If I did happen to ask a young lady and her mamma to dine with us, the young lady and her mamma would come, but accompanied by five or six relatives. It was so pleasant, particularly when I saw my butter being eaten with a spoon, like custard, the chow-chow as a vegetable, and then being asked for a piece of ham to take home as a sample.

A circus having come to town, George invited the station agent and his sister Adela. Arriving in town, Adela asked us to stop at a friend's house. We did, and also stopped long enough to allow for the attiring of three young lady friends, whom she had kindly invited to accompany us. As we could not all ride, we walked, to my sorrow, for the kind-hearted Adela, observing some other acquaintances in a doorway, asked them; and they, nothing loath, accepted, and augmented our crowd by four.

My sympathies lay chiefly with the poorer classes,—the *peons*,—who were always in great need, though their wants are very few. At this *hacienda*

(*Continued on page xviii.*)

Lessons in Cookery and Food Economy

By Mary D. Chambers

Lesson IV

Flour Mixtures (*Continued*)

I

Egg and Butter Complemental in a Batter

MUFFINS. NO. 1

Make a thick batter, using flour, salt, baking-powder, sugar (two tablespoonfuls: one cup flour), milk, and egg in equal parts for wetting. Mix as usual, and bake in greased gem-pans.

MUFFINS. NO. 2

Make a thick batter, using same dry ingredients as before, but omitting egg and using milk alone for wetting. Add to batter two tablespoonfuls of melted butter for each cup of flour used, stirring well in. Bake as before.

MUFFINS. NO. 3

Make batter same as No. 1, adding

the last thing, melted butter, in same proportion as in No. 2. Bake as before. *Compare:* Which rose the highest? Which rose the least? Which was the toughest? Which was the tenderest?

NOTE.—A quarter a cup of flour, making one good-sized muffin, was given as the basis for individual work. If measurements are exact and work is carefully done, Muffin No. 1 will be found to have risen highest, No. 2 to have risen the least. No. 1 will be the toughest, No. 2 the tenderest, showing that egg and butter have directly opposite effects in a batter, and, when used together, tend to counteract or balance each other, therefore are complemental. Further experiments can be performed by the students to ascertain how much butter is needed to "complement" a given volume of egg. In our class work it was decided that half as much butter as egg by weight, or two tablespoonfuls of butter for each egg used, makes a well-balanced mixture.

II

Comparison of Soapstone and Iron Griddle in Cooking

PANCAKES

Make a thin batter, using flour, salt, baking-powder, and milk. Divide into two parts, and cook one portion on the soapstone griddle, the other on a greased iron griddle. Compare. Which is the tenderer? Which has the finer grain? Account for the difference.

Basis for class work, four tablespoonfuls of flour.

NOTE.—Excellent muffins and pancakes may be made by adding to either batter an equal volume of any cooked cereal. This not only gives variety, but is one of the best ways to utilize cold, boiled rice, left-over breakfast cereal, etc. When added to a muffin batter, extra baking-powder should be allowed for the cereal. This is not essential in adding cereal to a pancake batter.

III

Effect of Manipulation

Make a simple cake batter, using proportions for a thick batter. Use one-half as much sugar as flour, two-thirds as much egg, and one-third as much milk for the wetting, and use the maximum of butter (one-third as much flour).

Method No. 1.—Mix all the dry ingredients. Beat eggs, add milk, stir dry things into wet, and lastly stir in melted butter.

Method No. 2.—Mix flour, salt, and baking-powder. Rub butter into this mixture with the tips of the fingers. Add sugar, stir dry into wet, etc.

Method No. 3.—Cream butter, add sugar, then add beaten egg. Stir in mixture of flour, salt, and baking-powder, adding by degrees. Then thin out batter to proper consistency by adding milk, a little at a time, stirring thoroughly before next addition is made, to avoid "curdling" of batter.

Compare: Which is the better color, flavor, texture? (Basis, six tablespoonfuls of flour.)

IV

Study of Leavens: Air Beaten In

POPOVERS

One cup of flour, salt, milk, to make a thin batter. Mix. Add to batter one unbeaten egg, and beat hard with Dover beater five minutes.

Pour into greased popover cups, and bake half an hour with gradually increasing heat. This recipe makes six large popovers.

WHOLE WHEAT PUFFS. (1)

One cup of whole-wheat flour, salt, milk to make thin batter. Beat with Dover beater five minutes, and bake as before.

WHEAT PUFFS. (1)

One cup of flour, salt, milk to make thin batter Beat and bake as before.

Compare: Which rose the best? Repeat Whole-wheat Puffs and Wheat Puffs, pouring batter into hot iron gem-pans, and note results. Account for difference, and formulate rule for conditions that require heating of the gem-pan.

Whole-wheat Puffs. (2)

Equal parts of flour and wetting. Wetting, three-fourths milk, one-fourth egg. Salt.

Method.—Separate yolk and white. Beat yolk, add milk, stir in dry things, and lastly beat lightly in the stiff-beaten white. Bake same as Popovers.

Wheat Puffs. (2)

Same as Whole-wheat Puffs (2).

Compare texture of last two recipes with that of Popovers. These should be spongier, more evenly aërated, while the popover batter rises like a single big bubble. It is possible to make excellent aërated breakfast cakes without egg, by dextrous beating, and this may with advantage be demonstrated by the teacher; but, since success is usually the result of long practice, a large proportion of failures should not be discouraging, if this method is attempted by the class.

Note.—The addition of fine-chopped and floured dried fruit or nuts—currants or blueberries—makes a pleasing variety of breakfast puff. Chocolate, grated and mixed with at least an equal volume of sugar, gives another pleasing change. About one-fourth as much fruit or nuts as flour may be used, or two tablespoonfuls of chocolate to a cup of flour.

Cream Puffs

Ingredients: Flour, salt, water, egg, butter.

Proportion: Flour and water to be measured in equal parts. Half as much egg as water. Butter to complement egg.

Method.—Boil water and butter together. Add flour, sifted with salt, and stir quickly until a smooth ball is formed, which will not stick to spoon or sides of saucepan. Break into saucepan one egg at a time, and beat into mixture until thoroughly incorporated before adding the next. When eggs have all been added, continue to beat until mixture will not "string." Drop by spoonfuls on the upturned bottom of an iron pan, previously greased and then floured, and bake same as Popovers.

Note.—A quarter of a cup of flour, making two small puffs, is a good proportion for individual work. Students must be cautioned to add the flour to the boiling mixture of water and butter all at once, so that temperature may be lowered sufficiently to avoid "lumping." The stirring must be performed very quickly, and the saucepan removed from fire the moment the mixture ceases to cling to sides, else "oiling" will result, and the puffs will not be successful.

Filling for Puffs

Make a medium white sauce. Add one-half as much beaten egg as milk, and twice as much sugar as flour. Flavor with vanilla, lemon extract, fruit juice, or chocolate. When puffs are baked, make a cornucopia of stiff paper, insert smaller end into a small opening in side, place filling in cornucopia, and squeeze larger end, forcing the mixture into the hollow of the puff.

Note.—When the cream-puff mixture is passed through a pastry tube one inch in diameter into cylinders four or five inches long, these are known as "Eclairs." They are usually spread with a chocolate frosting. The cream-puff mixture is known as the "choux" paste.

From this practical study of air as a leaven the student is expected to learn:

(1) The need of a viscous substance to hold the air beaten in, such as the albumen of egg or the gluten of wheat. The "raising" of the mixture is proportionate to the amount of such substance present.

(2) Eggs can be added over and above the proportion of wetting for a thin batter.

(3) Where a "short" paste is desired, the flour and wetting may be cooked, to thicken the mixture, so that more eggs may be beaten in; also to facilitate the baking of the batter in any required shape.

(4) The texture of the dish is determined by manipulation.

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CONTENTMENT IN LIFE

PEOPLE who are most busy are most happy and contented in life. Labor in itself is a blessing to mankind, while labor that rises to the sphere of service is glorious. Happy, indeed, are they who are busily serving in congenial occupations. The fitting way to live, it seems, is to make the most of each to-day. Let the dead past bury its dead: live in the actual present.

A chief source of contentment, then, consists in a lively interest in the affairs and events of the present day. And was there ever an age so filled with incidents and achievements of more than passing interest as is ours? It is grand even to act a minor part in the progressive movements of the day. All along the line of civilization advances are being made to greater and better things. He who fails to take an active interest in all matters that so vitally concern his day and generation loses the main opportunity for successful and wholesome living.

Again, an unflagging interest in home life is a source of great satisfaction and delight. One's efforts should never cease to perfect and add to the comforts of his own home. The ideal home is never finished: it is ever building. The good home is ever a strong and inspiring agent in the world's progress. Where can repose and rest be found like that which is gained amid the familiar surroundings of one's home? Hence come also renewed strength and purpose to grapple with the daily routine as well as the greater problems of life.

Another source of ever-increasing joy and content lies in the cultivation of a fondness for country and outdoor life. The book of nature is wondrous and true: it never tires the reader. Among printed books of the day the most popular are the so-called nature books. Read the best of these books, but also study nature at first hand. As far as possible, cultivate the habit of spending some portion of each day out of doors; for this is the natural, the wholesome way of living. Cease concern for the past. Keep abreast with the spirit of the age, and strive always to render some service to enhance the well-being of others.

"The happy life may be poor and humble in externals. It may have many restrictions, and many privations; but, if it enshrines the pure in heart, the power of loving, serving, and sacrificing, it is beautiful in contrast to the worldly life of pleasure that finds no peace or rest in the soul itself, only puerile activity like that of a cloud of insects that will die and leave no trace on the great interests of the world."

THE POINT OF VIEW

MISS KATE MANLEY, in her report on a visit to American schools, says: "I was struck immediately with the different viewpoints from which the teaching of practical subjects is attacked. With us, in England, domestic economy, as we call it, has consisted not of one subject, but of six or seven taught disconnectedly. We teach cookery or laundry work or housewifery or dressmaking or needlework or millinery or hygiene, but, I submit, with no proper correlation to each other and no correlation to other subjects of general education. In America they divide their teaching broadly into domestic science and domestic art, and no student is trained in one division only of either of these sections.

"All their practical work is intimately related to studies in physiology, chemistry, bacteriology, physics, and nature study. They realize that the important things in cookery are:—

"1. A knowledge of the requirements of the human body.

"2. A knowledge of the composition of foods.

"3. A knowledge of the digestive organs and their work.

"4. A knowledge of the action of heat on various kinds of foodstuffs, and of the greater or less digestibility of foods that have been acted on by heat.

That is, the difference in American and foreign educational systems lies mainly in the fact that, in the former, class distinctions are entirely ignored. Domestic economy is regarded as one branch only of a general or complete education. The subject is taught scientifically as well as practically, and in its relation to other subjects of a general education.

In America any pupil may aspire to the highest course in the highest institution of the land. The expert cook or caterer may have graduated from Vassar or Wellesley or Harvard. The training of the expert or specialist, like that of the professional, comes after or is carried on in connection with other studies. Wide and accurate knowledge—in short, intelligence—is considered requisite to any considerable degree of skill in every pursuit of life. And still domestic affairs are too largely committed to the hands of the incompetent. The management of a home calls for intimate acquaintance with both the science and the art of household economy; and the fundamental principles of this subject should be more extensively taught in the schools. 'No nation can be destroyed while it possesses a good home life.'

TRIED AND TRUE

"THE character of all work depends on the intelligence of the person who performs it." This magazine is distinctly a culinary publication. At least, in broad sense, the science and art of cookery is made the central feature of its contents. Around this all other household duties concentrate. The subject of food and feeding is an important matter, especially since it pertains to the health, comfort, and welfare of mankind. Home science in all its allied branches is the science of common things, and yet the things are those that concern the every-day welfare of all.

On the pages of this magazine the topics that are of chief concern in household affairs are treated from a practical, economic, and scientific point of view. For instance, the recipes of dishes, new and old, that appear in each issue are not the work of an amateur, but of a woman who has not only studied the subject of cookery extensively, but also has had long and varied experience in housekeeping. The directions given in the

recipes are plain, explicit, and complete; that is, every recipe is workable, and put in workable terms. It can be carried out readily by intelligent cook or housekeeper, and the resulting product will be satisfactory.

Simple living, as it is regarded to-day, is the highest type of living, inasmuch as it conduces best to man's physical, intellectual, and moral well-being. "The management of a home is closely associated with the physical and moral health of a people." To suggest ways and means to housekeepers, to encourage and aid them in practising the latest and best of modern ways in housekeeping and home-making, is the guiding motive of this magazine.

A MATTER OF CHOICE

NO one can attempt to see all there is to be seen nor to read all there is to be read to-day. In books, in companions, as well as in work and recreation, the need of choice is ever before us; and the decision must be made. Fortunately, we have tastes, aspirations, and ideals to follow as motives in the conduct of life. Cultivate these, cherish the noblest ideals, and the matter of choice becomes simplified somewhat.

Perhaps it were not amiss, at this time, to read or reread the maxims of the many-sided Franklin, whose anniversary has been observed but recently, to note the rules or principles that guided him in his wondrous career. Surpassing all the men of his day in wisdom, he best exemplifies the saying of the wise man: "Seest thou a man diligent in his business? He shall stand before kings." "But dost thou love right, then do not squander time, for that is the stuff life is made of." "Sloth, like rust, consumes faster than labor wears, while the used key is always bright."

HOME IDEAS AND ECONOMIES

WE wish to call the attention of our readers to the department of Home Ideas and Economies. Our desire is to enlarge the same, and make it more helpful. Have you not ideas or suggestions, something new or tried and tested, that will be of interest and profit to others? We should like to present here items from the experiences of a good many housekeepers. Search your notes and scrapbooks, contribute selections from them to us, and so aid in making these pages rich in useful suggestions. For every item that appears in this department we pay at our regular rates.

"Education means evolution and development,—growth. Herbert Spencer says that education is the creation of cells,—the physical enregistration in the brain of experience. We grow through expression,—that is, through exercise; and, according to Spencer, thought is a physical process, just as truly as is walking, only that the physical changes are so minute that we do not easily detect them. But it is an axiom of science that nothing is less perfect for being small."

Remember that you are an actor in a drama of such sort as the author chooses. If it be his pleasure that you should act a poor man, see that you act it well; or a cripple, or a ruler, or a private citizen. For this is your business, to act well the given part.—*Epictetus.*

A fresh mind keeps the body fresh. Take in the ideas of the day, drain off those of yesterday.—*Bulwer-Lytton.*

"Our little systems have their day;
They have their day and cease to be:
They are but broken lights of thee,
And thou, O Lord, art more than they."



Table Decorated with Crêpe Paper for Feb. 22

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Cream-of-Sweet Potato Soup

Bake or steam three sweet potatoes until soft. Remove the pulp from the skins, and cut into small pieces. Melt one-fourth a cup of butter in a frying-pan, and in this stir and cook the potato without browning it. Add three pints of white broth, and let simmer a few minutes. Then press the whole through a purée sieve. Melt one-fourth a cup of butter, and cook in it one-fourth a cup of flour, a teaspoonful of salt, and a dash of pepper. Add a pint of stock or rich milk, and stir until the boiling-point is reached. Let simmer about eight minutes. Then add to the potato mixture. Stir without boiling until very hot. Add milk or stock, if needed. Then stir in the yolks of two eggs, beaten and diluted with half a cup of cream. Stir a few moments (without boiling). Add seasoning, if needed, and serve at once.

Crabs in Chafing-dish, Creole Style

Have ready picked from the shells two cups of crab meat. Melt one-fourth a cup of butter in the blazer, and in this cook half a green pepper and a shallot, chopped fine, until yellowed and softened. Add two level tablespoonfuls of flour. Cook until frothy. Then stir in a cup and three-fourths of tomato purée (canned to-

matoes sifted to exclude the seeds). Stir until boiling. Let boil five or six minutes. Then stir in the crab meat,



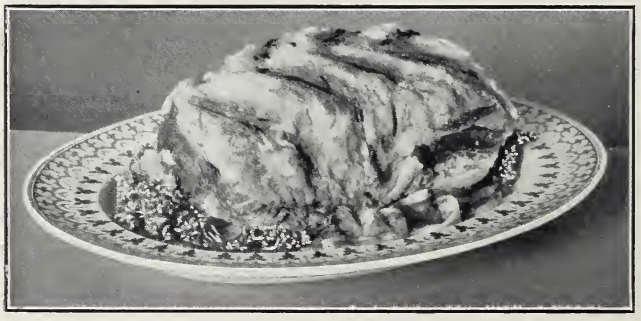
Hard Shell Crabs au Gratin

a tablespoonful of grated horse radish, a tablespoonful of lemon juice, and salt, if needed. Let boil up once. Then cover and set into the hot-water pan, to remain until very hot throughout.

Hard-shell Crabs au Gratin

Soak the crabs half an hour in water to which two or three tablespoonfuls of salt have been added. Scrub and let cook in boiling water fifteen minutes. When cold, remove the flesh from the shells. Wash the shells, and retain them for use. Discard the lungs. Pick out all the flesh. For a pint of meat chop a shallot or a slice of onion very fine, and cook this in one-fourth a cup of butter without browning the butter or onion. Cook in this one-fourth a cup of flour. Add a cup of chicken or veal broth, and, if the pint of meat be well pressed down, a cup of cream. If there be less meat, use less cream, as the mixture, when finished, should be rather firm. Season with salt and paprika, then let simmer five or six minutes. Add the crab meat, and, if at hand, a cup of mushrooms, broken in pieces and sautéd in a tablespoonful of butter. With this mixture fill the shells, buttered thoroughly. Mix a cup of cracker crumbs with one-fourth a cup of melted butter. Spread these over the top of the mixture in the shells, and set them into the oven to brown the crumbs. The shells will keep in better position, while in the oven, if they be set into muffin rings or small cake-tins. Serve on a bed of parsley or on individual plates covered with paper doilies.

Boned Ham à la Ward McAllister



Boned Ham à la Ward McAllister

Scrub the ham thoroughly. Cover with cold water, and heat to the boiling-point. Let boil five minutes, then simmer six to seven hours. McAllister's rule was "until you can turn the bone." A boned ham cannot be tested thus, but six hours of gentle simmering will suffice. Take the ham from the kettle, and set aside for twelve hours. An hour before serving put into a baking-pan, pour over a pint of hot cider, and set into a hot oven. Baste with the cider every five min-

utes. Reheat in the same manner each time before serving. "The oftener it is placed in the oven and heated, the better it becomes." When the ham is taken from the oven, dredge the fat, from which the skin has been taken, with granulated sugar, and then score it with a poker heated in the coals. Slices of pared-and-cored apple, cooked tender in syrup and dredged with sugar, may be scored with the poker and used to garnish the dish. Serve apple sauce or apple-and-cress salad in a dish apart.



Braised Rump of Beef, Sliced

Braised Rump of Beef

Have the bones removed from the cut of beef known as the "back of the rump." Roll the meat lengthwise, and tie securely in several places. Have hot in a pan fat from salt pork or bacon. In this sauté and turn the rolled meat, to brown it on all sides. In a large earthen casserole (or any dish that may be covered closely) spread a layer of vegetables, cut fine (use one or two onions, one carrot, half, if large, two or three stalks of celery, a bay leaf, and sprig of parsley). Put the meat on the vegetables. Pour in two cups of broth or hot water, and let cook on the top of the range until the liquid is well reduced, then sprinkle with salt, and add hot water to half cover the meat. Put the cover on the dish, and set the dish in the oven. Let cook in a slow oven five or six hours. Take up the meat, and remove the strings. Strain the liquid, and put the meat back in the pan. Add to the broth a cup of Madeira wine. Pour the broth and wine over the meat, and return the dish to the oven. Let cook half an hour, uncovered, basting six or seven times with the liquid, to glaze the meat. Have ready, cooked tender, six or more potatoes, trimmed to the shape and size of pigeons' eggs, a dozen chestnuts, a dozen very small onions, a dozen and a half of balls cut from carrots, and green string beans. Glaze all the prepared vegetables but the string beans in some of the broth. When all are ready, cut the meat in transverse slices of equal thickness, and dispose these in the middle of a large platter. Put the vegetables in groups around the meat, with string beans between the several groups. Serve



Braised Beef-and-Potato Hash, Eggs *Mollet*, Bacon Rolls

the liquid in a bowl. The fat should be removed from the liquid after it is strained and before it is used to



Sieve with Adjustable Meshes for Powdered Sugar, Flour, Purées and Marmalade

glaze the meat. The wine may be omitted. This dish is prepared for serving "at the side." If carved at the table, the garnishings should be served in separate dishes.

Braised Beef-and-Potato Hash

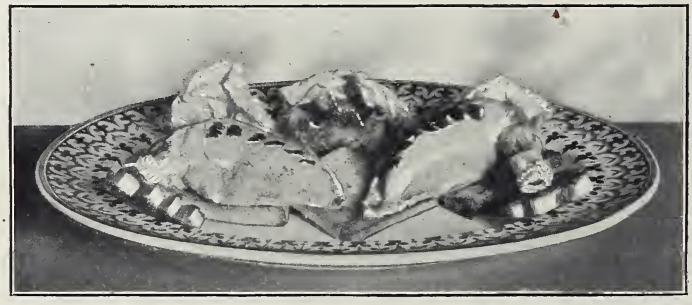
Remove gristle and unedible portions of the meat. Chop the rest fine. Chop also an equal measure of cold, boiled potatoes; also, at discretion, vegetables used in garnishing the beef. Melt two or three tablespoonfuls of butter or dripping from the meat in a hot frying-pan. Put in the potato, sprinkle it with salt, add meat broth or tomato purée, cover, and let heat to the boiling-point. Then add the meat, a piece of butter, more salt and pepper, if desired. Mix thoroughly, push to one side of the pan, cover, and let become very hot without boiling. Then turn onto a hot platter, dispose eggs *mollet*, and bacon rolls above, with parsley at the ends, and serve at once.

Eggs Mollet

Put very fresh eggs in a saucepan, and pour over boiling water to cover them well. Cover the dish, and move to the back of the range, where the water will keep hot without boiling, and let stand ten minutes. Remove from the water, cover with cold water, and let stand ten minutes, changing the water once or twice. Then carefully remove the shells, to leave the soft-cooked eggs whole. Reheat those (without boiling) in hot broth. Let the rolled bacon, through which a toothpick has been run, cook in a kettle of hot fat about two minutes or until transparent.

Supreme of Chicken, Perigueux Sauce

Allow one chicken for two portions. Remove the skin from the breast on both sides, and from the first joint



Supreme of Chicken

(next the breast) of the wings. With a sharp knife cut through the flesh of the breast along the breast bone, from

end to end. Then carefully remove the flesh on each side, leaving attached the first bone of the wing. This gives two large fillets (pear-shaped pieces of meat), each with the flesh and bone of part of wing attached. On the under side of each fillet is a smaller fillet. Carefully remove these, and with a sharp knife scrape the sinew, running through each, free of flesh. This sinew, if left in place, will shrink in cooking, and spoil the shape of the fillets. Cut two small truffles in thin slices, and stamp out rounds from these. Cut one edge of part of these in points, and leave the others plain. Remove the thin skin from the top of the small fillets, and make six or seven slanting incisions in each. In these press the slices of truffle. Trim the large fillets, to remove fat. Take out the large sinew, and make a deep incision in the thin end of each. This should be three inches long, and cut almost through the fillets. Season the inside with salt and pepper, and press into the incision a tablespoonful or more of chicken forcemeat. Set the stuffed fillets into a buttered baking-dish, giving them plenty of room. Press them into pear-shape with the fingers. Brush them with cold water, and set a small fillet decorated with truffles on the top of each. Press these down and in shape with the fingers. Pour in a few tablespoonfuls of rich broth, a few bits of bacon, salt pork, or butter, and, if liked, a glass of wine, also a little salt and pepper. Cover closely, and let cook in a hot oven about fifteen minutes. Serve on slices of bread fried in butter or olive oil. Garnish with slices of French bread, cut cock's-comb shape and fried in butter, and with cress or hearts of lettuce. Serve perigueux sauce in a sauce bowl or around the fillets.



Stuffed Medallions of Chicken with Cress

Perigueux Sauce

Melt one-fourth a cup of butter. Let cook with two slices of onion and carrot to a light brown color. Add one-third a cup of flour, and cook to a light brown color. Add two cups of consommé (or use part beef and part chicken broth) and one-third a cup of thick tomato purée. Stir until boiling, then strain. Season with pepper and salt. Reheat, add one-fourth a cup of white wine and one-fourth a cup of chopped truffles, and serve.



Stuffed Medallions with Salad in Ramekins

Veal or Chicken Forcemeat for Fillets

For eight fillets, eight ounces (six

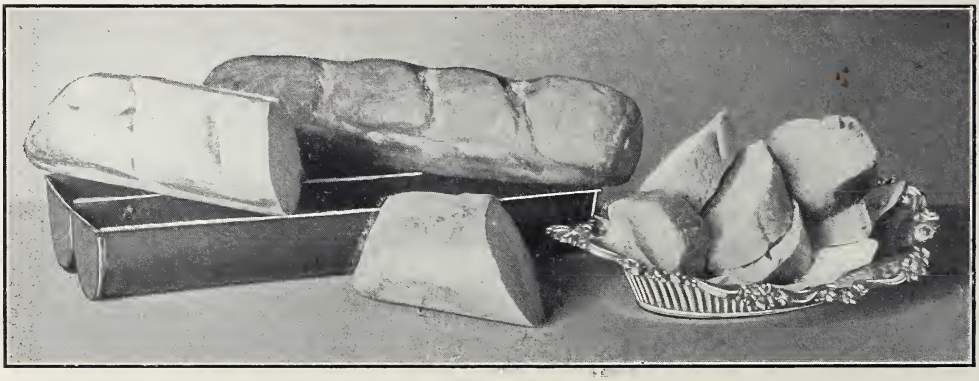
ounces with other ingredients in proportion will do) of meat is needed. This may be veal or chicken. Scrape



"Sponge" for Bread, Bread when first prepared and when light

the meat pulp from the fibres, and pound with a pestle. Add half a cup of panada, one-fourth a cup of butter, one egg, two tablespoonfuls of thick cream. Add these, one at a time, and continue the beating until a smooth mass is formed. Then press through a wire sieve. Cook a bit of the force-meat in boiling water. If tough, pound in more cream or butter. If not firm enough, add egg. For the panada, soak the crumb of bread in cold water, and wring dry in a cloth. Cook with butter, cream, or stock until a paste is formed that leaves the sides of the pan. Season with salt and peper.

a cup of aspic jelly and a cup of white sauce, adding to the white sauce, when hot, a scant tablespoonful of gelatine, softened in cold water, thus making a chaud-froid sauce. Cut the meat from the breast of a plump, cooked (roast, braised, or boiled) chicken, in very thin slices. With a biscuit-cutter cut rounds from the slices. Also cut rounds of the same size from cold, cooked tongue or ham. Brush over the chicken with half-set aspic jelly, and press the rounds of tongue or ham above. To the trimmings of chicken breast add one-third the quantity of ham or tongue trimmings, and chop the whole very fine. Add the yolks of two cooked eggs and three or four tablespoonfuls of cold Bechamel or cream sauce, and pound the whole in a mortar. When smooth, press through a purée sieve, and season to taste with salt and paprika. The mixture should be soft enough to spread on the rounds of meat. If needed, add more sauce or thick cream. Spread the mixture



French Bread, Baking Pan and Bread cut for Serving

Stuffed Medallions of Chicken with Cress

For eight medallions, prepare about

on the rounds with a silver knife, giving it a slightly dome shape. At the last make very smooth by dipping

the knife in boiling water. Let cool on ice. Have the chaudfroid sauce cool enough to cling to the meat. Pour it over the cold rounds, and, when set, decorate with bits of cress, pimento, and truffle. Then pour over a little half-set aspic, to cover the decorations. Serve around a mound of cress seasoned with French dressing.

Stuffed Medallions of Chicken with Salad in Ramekins

Prepare the medallions as above, and serve on ramekins, holding celery and English walnut meats, sliced, and mixed with mayonnaise dressing.

French Bread

Soften a cake of compressed yeast in one-fourth a cup of boiled water, cooled to a lukewarm temperature, and stir in about three-fourths a cup of flour, enough to make a dough that may be kneaded. Knead until the little ball of dough is smooth and elastic. Then make a cut across the top in both directions. Have ready a pint of boiled water, cooled to a lukewarm temperature, and into this put the ball of dough. It will sink to the bottom of the dish. In about fifteen minutes it will float upon the water, a light puffy "sponge." Into this water and sponge stir a teaspoonful of salt, and between five and six cups of flour, enough to make a dough stiff enough to knead. Knead or pound the dough until it is smooth and elastic, and does not stick to the hands or board. It will take fifteen or twenty minutes. Part of the time the dough may be lifted up high and dropped onto the board with force. When properly kneaded, cover the dough, and set it aside in a temperature of about 70° F., until it has doubled in bulk. There will be about two and three-fourths pounds of dough. This may be baked in any kind of a pan; but, to secure the crusty French loaf, a Russia iron pan, giving long, narrow loaves, is desirable. For one of these pans, divide the dough into two equal pieces. Roll, and stretch these under the hands, on the board, until they are as long as the pan. Have a round stick (like a curtain roller) lightly floured. Press this down through the centre, lengthwise of the loaf, and roll it back and forth, to make a furrow. French bread is concave rather than convex on the top, but this shape may be omitted. Cover, and let stand to become light. Cut three or four slantwise cuts in the



Celery Omelet, Starchy Foundation



Glazed Apples with Preserved Ginger

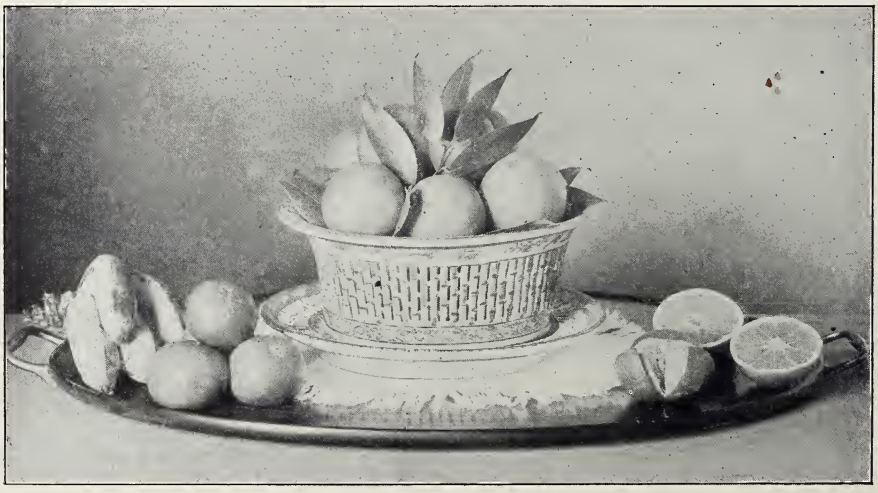
top of the bread, five or six inches apart. Bake about forty minutes. When nearly baked, brush over the surface with the white of an egg, beaten with a tablespoonful of cold water, and return to the oven. Repeat the glazing, if desired.

Celery Omelet with Starchy Foundation

The sauce used as the foundation of this omelet, and also for the celery served around it, may be prepared of milk, white or brown stock. Any one of these liquids gives a well-flavored dish. For the omelet used in the illustration, broth from the braised rump of beef was used. Chicken broth gives an exceptionally good omelet. Melt two tablespoonfuls of butter. Cook in it two tablespoonfuls of flour, a dash of pepper, and one-fourth a teaspoonful of salt. Then stir in one cup of liquid. Stir, until the boiling-point is reached, then let simmer while the eggs are gotten ready. Beat the whites of five eggs dry and the yolks until thick. Beat the prepared sauce into the yolks, and then cut and fold the whites into the mixture. Melt a tablespoonful of butter in a hot omelet-pan, and turn the pan, to let the butter coat the entire surface. Then pour in the mixture, and spread it evenly. Let stand on the range a few minutes, then set into the oven until firm throughout. Score the omelet across the top at right angles to the handle of the pan. Fold at the scoring, and turn onto a hot platter. Surround with a cup of cooked celery, stirred into a cup or cup and a half of sauce, like that used in the omelet.

Glazed Apples with Preserved Ginger

Core and pare half a dozen apples. Make a syrup with a cup of sugar and a cup of water. Cook the apples in the syrup, putting them in as fast as they are made ready, until tender. Turn the apples during cooking, and do not cover the dish, as the steam would cause them to break in pieces. Have ready rounds of stale sponge cake or brioche. When the apples are cooked, take them up onto the cake, sprinkle apples and cake generously with granulated sugar from the dredger, and set them into the oven to glaze. In the mean time add half a cup of syrup from the ginger jar to the apple



Fresh Fruit in February

syrup, and let boil up once. When the apples are glazed and delicately colored, pour the syrup onto a serving-dish, set the apples into the syrup, and fill the open spaces with pieces of "stem" ginger. Serve hot with cream.

Canned Corn Pudding, Nantucket Style

Beat one egg. Add one cup of canned corn, half a cup of rolled cracker crumbs, half a cup (or less) of sugar, half a teaspoonful of salt, and two cups of milk. Bake nearly an hour in a very slow oven. Serve hot, with butter, at luncheon or supper.

Angel Cake (Mrs. Herbrick)

Sift a portion of flour five or six times, then measure out one cup. Sift a portion of fine, granulated sugar, and measure out one cup and a half. Beat the whites of twelve eggs till foamy, then add one level teaspoonful of cream of tartar and one teaspoonful of vanilla or orange extract, and beat until dry. Then, with a perforated spoon, fold in flour and sugar, alternately, until all has been added. Bake in a tube pan about forty-five minutes. After the cake has been in the oven fifteen minutes, it should begin to brown.

Candy Baskets for Bonbons and Ices (Mrs. Herbrick)

Cook two cups of granulated sugar, two cups of water, and two tablespoonfuls of glucose until the syrup will snap when tested in cold water. Tint with green or pink color paste, then pour onto an oiled slab in rounds of the size desired for the basket or baskets. Let stand undisturbed until cool enough to be pulled up from the slab, then press the round of candy over a dish, to give it the shape desired, pulling the edge and fluting it with the fingers. Pull and twist a little of the candy to form a handle. Fasten the handle in place by dipping it in a little of the syrup left in the saucepan for the purpose, and reheated just before use.

Squash Pies

Beat five eggs. Add two cups and a half of sugar, two cups of sifted squash (cooked), three teaspoonfuls of rose-water, a teaspoonful of salt, and a grating of nutmeg. When well mixed, gradually stir in one quart of hot milk. Bake in plates lined with pastry in a gentle heat. A little more salt may be needed.

Cocoanut Pralines

Stir two cups of granulated sugar and one-third a cup of cold water over the fire until the sugar is dissolved, then boil to the soft ball stage, or 240° F., then beat into the syrup a fresh-grated cocoanut. Drop the mixture onto a marble slab or a buttered plate, a spoonful in a place.

Rice-and-Sultana Raisin Croquettes

Pick the stems from a cup of sultana raisins. Wash thoroughly, and add to a cup of blanched rice with three cups of milk. Let cook until tender, adding more milk, if needed, and a teaspoonful of salt when half cooked. When tender, add the beaten yolks of two eggs, one-fourth a cup, each, of butter and sugar, and a little spice, if liked. Mix thoroughly, and set aside to become cooled a little. Form into balls or cylinders with the hands. Dip in egg, and roll in bread crumbs. Then fry one minute in deep fat. Serve with

Orange Sabayon Sauce

Beat one whole egg and two yolks until thoroughly mixed; add half a cup of sugar and beat again. Add half a cup of orange juice and the juice of half a lemon. Set over boiling water and beat thoroughly until the mixture thickens slightly. Turn at once into a cold dish. Sherry wine may be substituted for the orange juice.

Menus for Each Day in February

No digest of laws like the law of digestion.—*Moore.*

THURSDAY, FEBRUARY 1

Breakfast

Oranges.
Farina. Cream.
Hashed Chicken on Toast.
Poached Eggs.
French Bread.
Coffee.

Dinner

Brown Fricassée of Veal.
Boiled Potatoes.
Boiled Onions, Buttered.
Lettuce Salad.
Rice-and-Sultana Raisin Croquettes,
Lemon Sauce.
Coffee.

Supper

Cold Boiled Tongue, Sliced Thin.
Delmonico Potatoes.
Celery.
Oatmeal Macaroons.
Stewed Prunes.
Tea.

FRIDAY, FEBRUARY 2

Breakfast

Oranges.
Grape-nuts, Cream.
Tongue-and-Potato Hash.
Eggs *Mollet.*
Fried Farina.
Dry Toast.
Coffee.

Luncheon

Creamed Crab Flakes in Ramekins.
Salad Rolls.
Celery-and-Nut Salad.
Coffee.

Dinner

Cream-of-Celery Soup.
Boiled Salt Mackerel, Egg Sauce.
Boiled Potatoes. Spinach.
Cheese Soufflé. Hot Baked Apples.
Pulled Bread.
Coffee.

SATURDAY, FEBRUARY 3

Breakfast

Oatmeal, Sliced Bananas, Cream.
Broiled Bacon. Eggs in the Shell.
White Hashed Potatoes.
Parker House Rolls (Part Entire-wheat).
Coffee.

Luncheon

Canned Corn Custard.
Bread and Butter.
Prune Pie.
Cereal Coffee.

Dinner

Cream-of-Sweet Potato Soup.
Breaded Lamb Chops, Fried,
Tomato Sauce.
Canned Peas.
Spinach-and-Egg Salad.
Cottage Pudding, Foamy Sauce,
After Dinner Coffee.

SUNDAY, FEBRUARY 4

Breakfast

Malt Breakfast Food, Stewed Figs,
Cream.
Parker House Rolls (Entire Wheat-flour.)
Coffee. Cocoa.

Dinner

Orange Pulp in Sherbet Cups.
Back of the Rump (Beef) Braised,
Onions, Carrots, String Beans, Turnips,
Brown Sauce.
Celery Salad.
Vanilla Ice-cream.
Strawberry Preserves.
Black Coffee.

Supper

Crab Salad.
Boston Brown Bread-and-Butter
Sandwiches.
Hot Grape-juice Lemonade.

MONDAY, FEBRUARY 5

Breakfast

Gluten Grits. Hot Apple Sauce.
Boiled Sausage. Baked Potatoes.
Buckwheat Griddle-cakes.
Coffee.

Luncheon

Stewed Lima Beans, Buttered.
Bread and Butter.
Lettuce, Date-and-Orange Salad
(French Dressing).
Coffee.

Dinner

Chicken Broth, with Rice.
Cold Braised Beef, Hot Brown Sauce.
Baked Potatoes. Pin Money Mangoes.
Cream Sponge Cake.
Quince Preserves.
After Dinner Coffee.

TUESDAY, FEBRUARY 6

Breakfast

Oranges.
Barley Crystals, Cream.
Beef and Potato Hash.
Broiled Bacon. Gherkins.
English Muffins, Toasted.
Coffee Cocoa.

Luncheon (Guests)

Cream-of-Spinach Soup.
Bread Sticks.
Chicken, Celery-and-Nut Salad.
Pineapple Omelet.
Coffee.

Dinner

Hot Braised Beef Sandwiches.
Buttered Parsnips.
Lettuce-and-Egg Salad.
Prune Soufflé.
After Dinner Coffee.

WEDNESDAY, FEBRUARY 7

Breakfast

Oranges.
Broiled Salt Mackerel.
Maître d'Hôtel Butter.
Delmonico Potatoes. Pickles.
Buttered Toast.
Coffee.

Luncheon

Hominy Croquettes, Cheese Sauce.
Orange Shortcake.
Cereal Coffee.

Dinner

Tomato Soup (Giblets).
Baked Chickens.
Stewed Cranberries.
Mashed Potatoes.
Escalloped Onions.
Celery Salad.
Orange Sherbet.
Coffee.

THURSDAY, FEBRUARY 8

Breakfast

Oatmeal, Hot Dates, Cream.
Scrambled Eggs.
Cream Toast (Boston Brown Bread).
Coffee. Cocoa.

Dinner

Broth with Barley.
Roast Tenderloin of Pork.
Sweet Potatoes, Southern Style.
Spinach à la Crème.
Squash Pie.
Cereal Coffee.

Supper

Small Chicken Croquettes.
Canned Peas or Asparagus.
Parker House Rolls.
Canned Pears. Lemon Queens.
Tea.

FRIDAY, FEBRUARY 9

Breakfast

Oranges.
Baltimore Samp. Cream.
Salt Codfish Cakes, Bacon Rolls.
Corn-meal Muffins.
Dry Toast.
Coffee.

Luncheon

Macaroni with Tomatoes and Cheese.
Baked Tapioca Custard Pudding,
Sultana Sauce.
Tea.

Dinner

Fillets of Haddock Baked with Oysters,
Drawn Butter Sauce.
Mashed Potato.
Canned String Beans.
Orange Sponge.
After Dinner Coffee.

Menus for Each Day in February—*Continued*

SATURDAY, FEBRUARY 10

Breakfast

"Toasted Wheat," Cream.
Cold Tenderloin of Pork.
Delmonico Potatoes. Apple Sauce.
Buttered Toast. Coffee.

Luncheon

Lettuce-and-Fish Salad.
Graham Biscuit (Yeast).
Sliced Oranges and Bananas.
Wafers. Coffee.

Dinner

Boiled Fowl.
Rice Cooked with Tomato,
Bechamel Sauce.
Spinach Greens.
Apple Tapioca Pudding.
Black Coffee.

SUNDAY, FEBRUARY 11

Breakfast

Boiled Rice, Stewed Peaches
(Evaporated)
German Coffee Cakes. Coffee.

Dinner

Consommé, Royal.
Roast Leg of Lamb, Boned and Stuffed.
Baked Bananas, Currant Jelly Sauce.
Mashed Turnip.
Sweet Potatoes, Candied.
Lettuce, French Dressing.
Orange Bombe Glacé.
Cream Sponge Cake.
Black Coffee.

Supper

Crabs in Chafing-dish with Tomato
Purée.
Browned Crackers.
Coffee Jelly, Whipped Cream.

MONDAY, FEBRUARY 12

Breakfast

Oranges.
Gluten Grits, Cream.
Broiled Ham. Baked Potatoes.
Rye-meal Muffins.
Coffee.

Luncheon

Spinach-and-Egg Salad.
Entire-wheat Bread and Butter.
Mince Pie.
Black Coffee.

Dinner

Consommé with Spaghetti.
Chicken Soufflé.
Creamed Potatoes.
Celery-and-Apple Salad.
Stuffed Prunes.
Black Coffee.

TUESDAY, FEBRUARY 13

Breakfast

Grape-nuts, Cream.
Omelet with Creamed Celery.
Spoon Corn-bread.
Coffee.

Luncheon

Tomato Custard.
Nut Bread and Butter.
Doughnuts. Cocoa.

Dinner

Lamb Rechauffée, Creole Style.
Scalloped Potatoes.
String Beans, French Dressing.
Bread Pudding with Currant Jelly
and Meringue.
Black Coffee.

WEDNESDAY, FEBRUARY 14

Breakfast

Malt Breakfast Food, Cream.
Lamb, Potato-and-Green Pepper Hash.
Eggs *Mollet*.
Heart-shaped Waffles.
Coffee. Cocoa.

Luncheon

Fresh Fish Chowder. Pickles.
Apples, Manhattan Style.
Coffee.

Dinner

Cream-of-Pea Soup.
Broiled Lamb Chops.
Baked Bananas, Sultana Sauce.
Mashed Potatoes. Lettuce Salad.
Custard Soufflé, Foamy Sauce.
Black Coffee.

THURSDAY, FEBRUARY 15

Breakfast

Oranges.
Oatmeal, Cream.
Eggs Baked in Buttered Ramekins.
French Bread and Butter.
Coffee.

Dinner

Broiled Beef Tenderloin.
Stewed Tomatoes.
French Fried Potatoes.
Celery-and-Nut Salad
Steamed Fig Pudding, Hard Sauce.
Black Coffee.

Supper

Cheese Custard.
Hot Apple Sauce.
Toasted Rolls.
Tea.

FRIDAY, FEBRUARY 16

Breakfast

Gluten Grits, Cream.
Smoked Halibut, Creamed.
Baked Potatoes.
Popovers.
Coffee.

Luncheon

Fried Smelts, Sauce Tartare.
Rye-meal Biscuit (Yeast).
Lemon Pie.
Black Coffee.

Dinner

Oyster Soup. Olives.
Asparagus Loaf (Canned Asparagus),
Hollandaise Sauce.
Lettuce, Orange-and-Nut Salad.
Black Coffee.

SATURDAY, FEBRUARY 17

Breakfast

Cereal, Cream.
Spanish Omelet.
Dry Toast.
Coffee.

Luncheon

Baked Beans, New York Style.
Spinach Greens.
Custard Pie.
Tea.

Dinner

Cannelon of Beef.
Macaroni with Tomato Sauce.
Lettuce Salad.
Sliced Oranges.
Black Coffee.

SUNDAY, FEBRUARY 18

Breakfast

Barley Crystals.
German Coffee Cake. Marmalade.
Coffee. Cocoa.

Dinner

Orange Cocktails.
Braised Turkey.
Glazed Chestnuts, Onions and Sweet
Potatoes.
Celery Salad. Currant Jelly.
Prune Parfait.
Black Coffee.

Supper

Scalloped Oysters (Chafing-dish Style).
Pulled Bread.
Olives.
Preserved Quinces, Cream.

MONDAY, FEBRUARY 19

Breakfast

Grape-nuts, Cream.
Omelet with Turkey Gravy.
Graham Muffins.
Coffee.

Luncheon

Salt Codfish Balls.
Cabbage Salad.
Toasted Muffins.
Cereal Coffee.

Dinner

Tomato Soup.
Cold Braised Turkey, Giblet Sauce.
Stewed Cranberries.
Plain Boiled Rice. Mashed Turnips.
Lettuce Salad.
Baked Caramel Custard.
Black Coffee.

TUESDAY, FEBRUARY 20

Breakfast

Cereal, Cream.
Sausage. Stewed Potatoes.
Hot Apple Sauce.
Buckwheat Cakes.
Cereal Coffee.

Luncheon

Turkey-and-Celery Salad.
English Muffins, Toasted.
Orange Marmalade.
Tea.

Dinner

Cream-of-Celery Soup (Turkey
Remnants).
Hot Boiled Ham (McAllister Style).
Spinach with Eggs.
Glazed Apples with Ginger, Cream.
Black Coffee.

WEDNESDAY, FEBRUARY 21

Breakfast

Oranges.
Hulled Corn, Syrup, Cream.
French Omelet, Tomato Sauce.
Yeast Biscuit.
Coffee. Cocoa.

Luncheon

Hominy Croquettes, Cheese Sauce.
Hot Mince Pie, Cream.
Coffee.

Dinner

Slice of Halibut Sautéd Whole.
Mashed Potatoes. Onions in Cream.
Cole Slaw.
Orange Sherbet. Macaroons.
Black Coffee.

Menus for Each Day in February—*Continued*

THURSDAY, FEBRUARY 22

Breakfast

Oranges.
Eggs in Shell. Cream Toast.
Fried Hominy, Caramel Syrup. Coffee.

Dinner

Orange Salpicon with Cherries
Boiled Ham, Reheated.
Mashed Potatoes.
Turnips in Cream Sauce.
Cold Spinach, French Dressing.
Angel Parfait with Cherries.
Black Coffee.

Supper

Salmon (Frozen or Canned) Salad.
Olives. Parker House Rolls.
Sponge Cake. Canned Fruit.
Coffee.

FRIDAY, FEBRUARY 23

Breakfast

Toasted Wheat, Cream.
Creamed Whole Sardines on Toast.
Scrambled Eggs.
Rolls (Reheated).
Coffee.

Luncheon

Lima Beans, Hollandaise Style.
Ham Muffins. Olives.
Coffee. Cocoa.

Dinner

Boiled Fresh Haddock, Oyster Sauce.
Boiled Potatoes.
Buttered String Beans.
Chow-chow.
Pineapple Charlotte Russe.
Black Coffee.

SATURDAY, FEBRUARY 24

Breakfast

Baked Bananas.
Malt Breakfast Food.
Eggs Poached in Milk on Toast.
Vienna Rolls. Coffee.

Luncheon

Welsh Rarebit.
Celery and Nuts, French Dressing.
Rice Pudding with Raisins.
Tea.

Dinner

Cream-of-Pea Soup.
Ham Timbales. Stewed Tomatoes.
Delmonico Potatoes. Cole Slaw.
Prune Soufflé, Custard Sauce.
Black Coffee.

SUNDAY, FEBRUARY 25

Breakfast

Oranges.
Cereal, Cream.
Heart-shaped Waffles, Maple Syrup.
Cereal Coffee.

Dinner

Almond Soup.
Guinea Fowls, Roasted.
Savory Rice. Guava Jelly.
Sweet Potatoes, Southern Style.
Lettuce Salad. Cheese Balls.
Chestnut Cup.
Black Coffee.

Supper

Clam Broth.
Toasted Muffins. Canned Apricots.
Cream Cheese.

MONDAY, FEBRUARY 26

Breakfast

Barley Crystals, Cream.
Eggs Scrambled with Chopped Ham.
Boston Brown Bread Toasted.
Coffee.

Luncheon

Creamed Celery on Toast.
Poached Eggs.
Lettuce, Orange-and-Date Salad
(French Dressing).
Tea.

Dinner

Oyster Stew.
Guinea Fowl Soufflé. Tomato Sauce.
Canned Asparagus Salad.
Toasted Crackers. Edam Cheese.
Black Coffee.

TUESDAY, FEBRUARY 27

Breakfast

Oranges.
Cream Ham on Toast.
Eggs in the Shell.
Zwieback. Coffee.

Luncheon

Succotash.
Rye Bread and Butter.
Baked Bananas, Sultana Sauce.
Tea.

Dinner

Potato Soup.
Broiled Lamb Chops.
Macaroni Baked with Tomatoes and
Cheese. Celery-and-Apple Salad.
Dates Stuffed with Fondant and Nuts.
Black Coffee.

WEDNESDAY, FEBRUARY 28 (Lent)

Breakfast

Cereal, Cream.
Shirred Eggs. Yeast Muffins.
Coffee.

Luncheon

Canned Corn Fritters.
Toasted Muffins.
Orange, Date-and-Nut Salad.
Coffee.

Dinner

Boiled Fresh Haddock or Lake Fish,
Drawn Butter Sauce.
Boiled Potatoes. Pickled Beets.
Canned Peas.
Apricot Ice-cream.
Black Coffee.

DAY WITHOUT MEAT OR FISH

Breakfast

Oatmeal, Sliced Bananas, Cream.
Brown Bread Toast with Cream Sauce
and Egg Yolks.
Graham Muffins. Coffee. Cocoa.

Luncheon

Corn Chowder. Pulled Bread.
Tomato Jelly Salad, Mayonnaise
Dressing.
Prune Pie. Cereal Coffee.

Dinner

Vegetable Bouillon.
Cheese Soufflé, Tomato Sauce.
Entire-wheat Bread and Butter.
Lima Bean (Dried) Salad.
Rice-and-Sultana Raisin Croquettes.
Orange Sabayon Sauce. Black Coffee.

DAY WITHOUT MEAT OR FISH

Breakfast

Barley Crystals, Hot Dates, Cream.
Rice Omelet, Cream Sauce.
Waffles, Syrup.
Cereal Coffee.

Luncheon

Hominy Croquettes, Cheese Sauce.
Lettuce and Canned Tomato (Large
Pieces) Salad.
Squash Pie. Cocoa.

Dinner

Cream-of-Spinach Soup.
Nut Loaf, Brown Sauce.
Sweet Potatoes, Southern Style.
Cole Slaw. Corn-meal Muffins.
Stewed Figs, Cream.
Black Coffee.

DAY WITHOUT MEAT OR FISH

Breakfast

Toasted Wheat, Sliced Bananas, Milk.
French or Spanish Omelet.
Muffins with Chopped Nuts.
Coffee or Cocoa.

Luncheon

Macaroni Croquettes (Cheese),
Tomato Sauce.
Junket with Brown-Bread Crumbs.
Cereal Coffee.

Dinner

Tomato Soup.
Pea Beans Baked with Olive Oil.
Spoon Corn-bread.
Cole Slaw. Hot Apple Sauce.
Wafers or Gingerbread. Cream Cheese.
Black Coffee.

DAY AT CHILDREN'S HOME (Five to Twelve Years)

Breakfast

Oatmeal, Milk
Stewed Peaches (Dried).
Entire-wheat Bread and Butter.
Milk.

Dinner

Mock Bisque Soup.
Steamed Fore Quarter Lamb,
Gravy Thickened.
Baked Potatoes. Canned Peas.
Stewed Cranberries.
Baked Indian Pudding (Delicate).
Milk.

Supper

Hot Boiled Rice, Milk.
Bread and Butter. Stewed Prunes.

DAY AT CHILDREN'S HOME

Breakfast

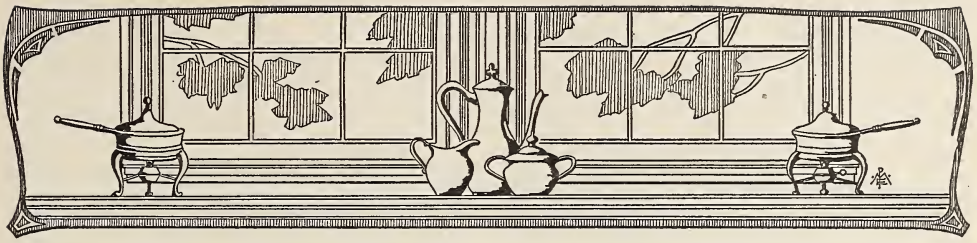
Cereal Milk
Hashed Lamb on Toast.
Apple Marmalade. Bread.
Cereal Coffee.

Dinner

Cakes of Hamburg Steak, Pan-broiled.
Macaroni in Cream Sauce.
Celery.
Cracker Pudding with Raisins.

Supper

Bread and Butter.
Oatmeal Cookies.
Cocoa.



After Breakfast Chat

By Janet M. Hill

JUST now catering, in one form or another, has come to be considered by women of both "high and low degree" as a particularly good field in which to earn a living. Many go into ventures of this kind having in view not only the gaining of a livelihood, but also, as the years go by, the acquisition of a competency for the decline of life. But that even a livelihood is to be secured from such an undertaking is not always an assured fact; for, contrary to the general idea, not every one can take boarders or manage even a plain, every-day sort of eating counter successfully. We all know of a long array of hotels, boarding-houses, restaurants, and tea-rooms whose doors are shut because those in charge could not, apparently, make the outgo and the income harmonize.

Too many of the failures of which we have known have been no surprise to us. The women going into these enterprises were not sincere. The business was something apart from their life, not of it. They did not give themselves, heart and soul, to the work: there was always a reservation. Enthusiasm and belief in what one is doing will not only carry one along, but it will carry the crowd also. If one have no love for this sort of work and cannot lose herself in it, waste no time in making beginnings. Money and time will both be thrown away.

But, having made up your mind that your inclination and talents lead you in this direction, lay your plans wisely, make a study of every detail of the business, go into it pledged to "win out," and success will be yours.

Do not delude yourself with the idea that it is unnecessary to have things up to the point of perfection each and every day. There can be no "off days." It is no small matter to keep yourself and those who carry out your ideas at the height of enthusiasm day after day, but nothing less will do. As an aid to this enthusiasm, do not content yourself with what you already know. Be conservative, and at the same time progressive and original. The world is either chasing after novelties or perfection, or the two combined. These suggestions pertain to every phase of the catering business, from the selection of the raw foodstuffs to the final serving of the same. Too much thought can scarcely be given to the serving. The fact that the price paid for a roll and cup of coffee varies from five cents to half a dollar and upwards, simply on account of difference in serving, will bear out this assertion.

At present, if food be well cooked and neatly served, the public is quite well satisfied; but, as time goes on and competition pushes up the standard of catering, the woman who is to succeed in this calling will have to be better equipped for her work than is the case at present. Already some colleges require the services of a trained dietitian

in their eating halls: the same is true in the best hospitals.

Formerly medical students could begin the study of medicine on finishing a course of study at a high school. Now only graduates of colleges are admitted to the best medical schools. As at no time before, in order to succeed in any line of work, one must qualify for the undertaking. She who has added to a literary training a course in domestic science and art, and understands food combinations physiologically as well as æsthetically, certainly starts out better equipped for the race than does her competitor who has simply a literary or a domestic training.

People willingly pay more for a cup of tea brewed expressly for them than for that which has been brewed for the multitude, and left to stand on the leaves indefinitely. Thus tea-rooms have come to stay, and many are the devices brought forward to give them fame and prestige. The latest to claim our attention, and perhaps wonder, is the venture of two young Americans, graduates of Chicago University, who opened during the holidays an American tea-room in the Latin quarter of Paris. The menu includes buckwheat griddle-cakes, doughnuts, and baking-powder biscuit.

Japanese tea-rooms are no longer great novelties, but their light and airy furnishings fit them peculiarly for one of the simplest of all catering ventures. Though a tea-room fashioned after one in a Boston department store would not be a venture free from outlay.

The entire ceiling of this particular room was of glass, through which light entered from close-set electric bulbs. In the middle of the room was the huge trunk of a tree, bearing wistaria vines, the blossoms and leaves of which completely covered the glass ceiling. Bird-cages with real birds, Chinese robins, canaries, etc., were hung in profusion from the ceiling. Down the two sides of the room were stalls *à la Rathskeller*, only the fittings were of bamboo, and the walls were hung with mattings, picturing Japanese scenes. The menu included: udon (noodle soup), chicken udon, chawan moosh (steamed custard, fine vegetables), tamago yaki (ham omelette), suki yaki (chop suey), chicken suki yaki (chicken chop suey), ira udon (chop suey, fried noodles), chicken iri udon, meshi (rice), chab (tea), shoga (candy ginger).

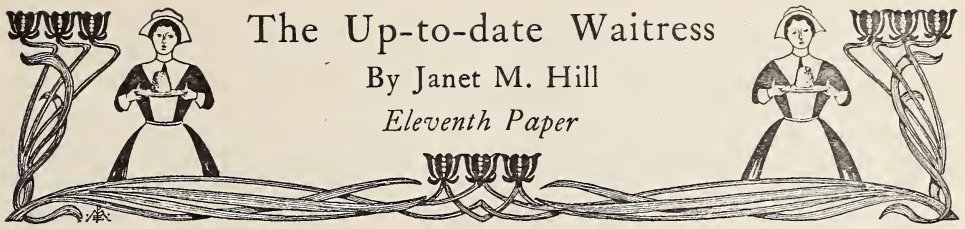
The Tea Cup Inn at Washington represents another style of tea-room, though it furnishes a substantial luncheon at noon, as does the English Tea Room in Boston.

The Tea Cup Inn is domiciled in a house in the near vicinity of the White House and the Arlington Hotel, a house rather out of the popular residential district. The hall is made the office. Meals are served in the front and back parlors and in the dining-room, all thrown together by means of folding doors. A few inexpensive English prints of hunting scenes adorn the walls, and thus with little outlay, by serving well-prepared food, a profitable business has sprung up. Outside of hotels, Washington was without a desirable public place where women could obtain palatable food at a moderate price.

When the English Tea Room in Boston was started, an entirely different situation had to be faced. But the women interested in the venture, through long connection with the Educational and Industrial Union, were prepared to cope with the problem. There being no dearth of eating places, many of them good, the place must be made different and more attractive than others.

The location is on the most exclusive street in the business portion of the city. The room is high, light, and airy,

(*Continued on page xvi.*)



The Up-to-date Waitress

By Janet M. Hill

Eleventh Paper

Care of Lamps

DO not leave the care of the lamps until daylight is past. No one of the waitress's duties requires more painstaking or better light in the doing. A lamp giving a clear light, and without offensive odor, can be had with proper care. The essentials are absolute cleanliness of lamp, burner, chimney, and *wick*. As a partially filled reservoir provides a place for the accumulation of gas, and, when the lamp is lighted, an explosion, all lamps that are used should be filled daily. Daily attention should also be given to trimming the wick, wiping the burner, the outside of the lamp, the shade, and the chimney. A tin tray, holding the various utensils needed, furnishes a good place for this work: otherwise spread several sheets of newspaper over a table, and upon this set the various parts of the lamp while at work.

Wicks and Burners

The wick should fill the whole space in the burner, and yet be turned easily up and down. To clean: with a sharp pair of scissors cut off the burned portion straight across, leaving no projecting points. Then wipe the burner inside and out. Many advocate rubbing rather than cutting off the burned portion. The main point is to remove it evenly. Any of this wick, left after cutting, upon the burner itself or in the air space around it will, when heated, prove very offensive, indeed. Make sure that no particle is left upon any part of the burner. About once a month remove the wick, and wash the burner in hot, soapy water. Then rinse and dry. When the burners are in order, fill the lamps, leaving little space at the top, that running over for any reason may be avoided. Now screw the burners in place firmly, and wipe the outside of the lamp.

Cleaning Chimneys

If the chimneys have been smoked, wipe them on the inside with soft tissue paper. Then wash in warm water, to which a little household ammonia has been added. Rinse in warm water, and dry with a soft cloth. Chimneys need be left absolutely dry, or they will break when heated.

Lighting and Extinguishing Lamps

When lighting a lamp, have the wick turned low, to allow the chimney to expand slowly and evenly. After a little it may be turned higher. Do not leave a lamp for a few minutes after it is lighted, as, after the wick is fairly alight, it often proves to have been turned too high. After five or six minutes it may be turned up or down to the proper point, and left without much liability of accident. Never turn the wick down below the point of securing a clear light, lest the room be filled with disagreeable odor.

Avoid carrying lamps about a house. A candle is much safer. To prevent oil from being drawn up over the top of the burner, turn down the wick to the top of the burner after the light is extinguished.

A Presidential Party

By H. B. Crane

THESE few suggestions, given below, are to be used in connection with the birthday celebration of President Washington or President Lincoln, which occur, respectively, on the 22d and 12th of February. Have pinned up around the room photographs of the Presidents, their homes (Mount Vernon, Monticello, etc.), and any other illustrations of people, places, or events which may be closely associated with them. These should all be clearly numbered, while cards bearing corresponding numbers, with pencils attached, must be provided for each guest, that he or she may guess these nameless pictures.

Another set of cards, with red, white, and blue pencils, and decorated with sketches or pasted pictures of flags, the American eagle, etc., may have written upon them the following list of questions, all of which refer directly to our Presidents. Of course, the hostess can extend the list as much as she may desire.

1. How many Presidents have we had? 2. Which State has given the most? 3. Which President was the oldest on taking office? 4. How many Vice-Presidents have succeeded to the chief executive? 5. Who was "Old Hickory"? 6. Which Presidents have died in office? 7. Which two died on the same day, just fifty years after signing the Declaration of Independence? 8. Who was "Old Rough and Ready"? 9. Who was "The Strenuous One"? 10. What event characterized Benjamin Harrison's term? 11. How many Presidents have been elected for a second term? 12. Which President was impeached? 13. Who was "The Sage of Monticello"? 14. Which President went to his inauguration in disguise? 15. Who was President during the Mexican War?

The answers to these are: 1. Twenty-six. 2. New York, six. 3. William H. Harrison. 4. Eight. 5. Andrew Jackson. 6. William H. Harrison, Zachary Taylor, Lincoln, Garfield, McKinley. 7. John Adams and Thomas Jefferson. 8. Zachary Taylor. 9. Theodore Roosevelt. 10. The Centennial Celebration of the inauguration of George Washington. 11. Nine. 12. Andrew Johnson. 13. Thomas Jefferson. 14. Abraham Lincoln. 15. John Tyler.

For refreshments these two simple menus may be used. For February 12:

Bouillon.
Fence Rail Sandwiches.
Nuts. Olives.
Ice-cream. Cake.
Coffee.

For February 22:—

Cherry Salad.
Sandwiches.
Coffee. Wafers.
Chocolates.

The fence rail sandwiches are narrow strips cut the long way of the loaf, with a point at one end, and spread with mayonnaise and fine-chopped celery and red peppers (these latter being purchased in tin cans). Other varieties of sandwiches may be made with potted chicken or tongue and Graham bread, spread with cream cheese. The ice-cream should be in the form of stars. The salad for the Washington celebration is made from the California canned cherries, the pits being pressed out, and blanched hazel nuts inserted in their places. These are served on lettuce leaves with mayonnaise dressing. The sandwiches may be cut circular, and spread with fine-chopped English walnuts, mixed with just enough mayonnaise to make it stick to the bread. Lettuce, celery, and brown-bread sand-

wiches may also be served with this salad.

Suitable decorations for dining-room and parlors are flags, stars, and eagles, together with festoons and rosettes of red, white, and blue tissue paper. Campaign buttons in the centre of paper rosettes might be used as favors, while a small photograph of any of the Presidents, framed, or a box of bonbons, tied with red, white, and blue ribbons, would make acceptable prizes.

Will it Make me Strong

By Mrs. Charles Norman

A THREE-YEAR-OLD boy sat musing in his high-chair one day, when suddenly he asked,—"What chair will I sit in when I am grown up?"

His mother designated a certain dining chair which he should have for his special property, whereupon the child quickly climbed down, rescued the dining chair from its oblivion in the corner, and moved it up to the table "to have it ready."

Like other children, he was dreaming of a far-off time,—not looking through a dim period of years, as old people are apt to imagine, but fully expecting that he should enter upon manhood as a flower bursts into bloom, that he should waken almost any morning and find himself a man.

"Next summer, when I am a grown-up lady," says the little girl scarcely out of infancy, "I will sit up as late as I care to, and read stories to myself."

She, too, thinks it will be very fine to be grown. Bigness, it would seem, is, to a child, the *summum bonum*. Only to be big, with all the privileges and emoluments of bigness! Thrice blessed condition! However, it is not really size at all, but opportunity and power, which are so alluring. Children do not need to be told that

> "'Tis not in growing like a tree,
> In bulk, doth make man better be,"

but they wish to sit up late and "read stories to themselves," or they want to climb ladders and drive nails, to manage horses or steam engines or automobiles; and they are told they are not big enough. Naturally, then, their chief interest is in growing, and it is an easy matter for parents to take advantage of this fervor, and direct the child in self-government.

In developing a child, the first thing is to make a good animal. The child must increase in size and strength. I have in mind a boy who sat by his father at table, and who learned at an extremely early age the fundamental principles of right living.

The child was not asked to eat this or that because it tasted good, but because it would help him to be strong. There was never the slightest rebellion on his part, as the method was used from the beginning; and it never occurred to the child that a person would knowingly put the wrong thing into his stomach or refuse to taste a food which was assuredly good. Very few absolute restrictions were placed upon the boy. He was encouraged to take a few bites of nearly all the dishes which were served, except when there was abstinence for special reasons. At night, for instance, he ate no food which required a long time for digestion, because it was necessary for him to go to bed early. Speaking generally, however, his appetite was trusted to a degree which would be considered by

many parents quite dangerous; and he did not, therefore, run to excess, as he would have done, if the restrictions had been too great, and his craving for certain food wholly disregarded.

By the time the child was three years old, true principles of selection and rejection were thoroughly inculcated, and for any one to say, "This pie is not good for you, but you may have a little," would have been to him like a plot against his life. His mother well remembers a day when the boy and others, with whom he was playing, found some walnuts, which they immediately cracked and picked out. The little lad then ran to his mother to show her a tiny handful of kernels. "You may eat what you have there," said his mother, compromising with evil, "but I would not crack any more. The nuts are not ripe."

"Well," said the boy, without hesitation, "then I won't eat them. I'll go tell the other boys, and we will give the nuts to the blue jays." The child ran off, but was back in a few minutes to meet temptation number two. The kitchen table was spread with cookies fresh from the oven. They covered the whole table in tantalizing array. The small boy handed his nuts to his mother to keep for the birds. Then he leaned against the table to look at the cookies.

"Oh," he said, "those cookies look so pretty! I will eat some for luncheon, but don't give me any now, for I can't expect to grow big and strong unless I let my stomach have a little rest." Then he galloped off, saying that he was going to play outdoors all morning, so that he would be hungry at noon.

In almost every point of discipline the child was governable by the simple reminder that he wished to be strong. He did not relish a day-time nap, but, when he was told that he could not grow strong without plenty of rest, he resigned himself to the disagreeable duty. He must be strong, and for the prize that was set before him he did boxing with his father, ran races with the dog, and pushed his sister in the swing. Though every inch a boy, he was a very manly one, and he learned to endure almost anything.

Other kinds of strength than physical had to be struggled for, too, though they came later. The cultivation of the spiritual nature was not undertaken with the infant, but I am inclined to think that this matter of right feeding is in itself spiritual development, and that the child who learns self-government in that has unusual power along all lines. To say the least, there are enough adults in the world who have not the child's self-control. Only a few days ago I heard a student declare, "Well, I had some work for to-night which I thought I should be able to do, but that mince pie has decreed it otherwise."

Reward

By Grace Stone Field

She sadly said: "I only fail,
Fate mocks at effort all of no avail.
Life is a weary, long endeavor, ever foiled,
Through stress of tempest vainly I have toiled;
And now the shadows gather, Death is dimly veiled,
And I have only failed"

The seraph smiled, she said: "Welcome thou art,
Who strove through life, to death, lonely, apart,
Ever unfalteringly to set thy feet secure.
In the strait way, O soul, austere and pure,
There waits for thee in heaven, after earth's frown
And failure, lo! a crown!"



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Caring for the Sick at Home

By a Trained Nurse

IN the hospital one is accustomed to executing the physicians' orders with absolute accuracy, and it is a great change to go into homes and see how careless the average woman is about following the doctor's directions. The fact that it is all done with the best intentions does not prevent disastrous results. In some cases imprudent feeding may cause a relapse, even death; yet there is no one thing about which I found the well-meaning relative as reckless as about diet. After graduating, my first case was a man with typhoid. When he was convalescent, the doctor said he might have a dropped egg. It happened that day to be convenient for every one that I should take my daily walk just at the time the egg was due; but, as the patient's wife had heard the order given, it never occurred to me that there could be any mistake. Fortunately, as I passed through the hall, on my way to the door, I met her carrying a plate of *scrambled* egg. When I remonstrated, she said, "George never cared much about dropped eggs, but he did love them scrambled." I carefully explained the danger of the grease used in cooking it; and she finally consented to substitute the dropped egg, according to the doctor's orders.

Often a devoted wife or mother is so delighted at seeing the invalid's appetite return that she allows him to have half as much again, or even twice as much, as the physician told her to give him. This is unwise, not to say dangerous. Then there is a tendency to feel that milk is not enough for the sick person, that he ought to have "something more strengthening," —a mistake which is sure to do harm. I remember once being sent to take care of a boy of ten with a fractured skull. He was quite out of his head, and had a temperature about 105. Naturally, he was restricted to milk every two hours, but his poor mother thought he was being starved. It was in the season of green peas, of which the child had always been fond; and she implored me to allow her to give him just one spoonful, because "he needed something nourishing." How can the most skilful physician accomplish a cure under such circumstances?

Another way in which his orders are disregarded is in the matter of visitors. He says that Mrs. So-and-so may see the patient for five minutes. She stays twenty, and goes out, remarking serenely: "I think my call did her good. She looks so much brighter than when I came." While the invalid, whose eyes are unnaturally brilliant and whose cheeks burn with the red of unwholesome excitement, would be a pitiful sight to the trained eye of the expert nurse. I have found that the convalescent is suitably amused by being taken into another room as often as possible. After being shut up in one room for four, six, or ten weeks, any change is

delightful to him; and he derives an innocent pleasure from seeing different wall paper, pictures, and furniture, as well as from the new view from the window. It is far better for him than seeing too many people.

And just here I wish to say a word about moving patients from bed to bed or from room to room, as is sometimes necessary. I mean very sick ones, directly after an operation or during a severe illness, when they cannot so much as lift their heads. It can be managed easily with six persons; and, as no great strain comes on any one of them, they do not need to be particularly strong. The only apparatus required is two brooms. Of course, the invalid is lying on two sheets, the under and the "draw" sheets; and these must be new and strong. Loosen all the bed-clothes, and tuck the upper ones securely around the patient. One person stands at his head, one at his feet, and the others, two on each side. These last, beginning at the outer edge, roll both sheets firmly around the sticks until their hands are close to the patient's sides. Then these four lift by the sticks, the others slip their hands under the head and feet, respectively, and all lift together, and very steadily, that there be no jarring. If the patient is small, five persons can do the moving, the one at the feet being dispensed with.

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Talks with Grandma

"NOW, grandma, tell us about the brick oven. It seems so odd to think of; and I, for one, can't understand how it was managed."

"The brick oven was built with the house, and was at the side of the wide fireplace, so that a smoke and draft flue could be made into the chimney. It was arched inside, and the floor was sometimes larger than a modern kitchen table. Once heated, it retained its heat a long time; and pies, cake, beans, puddings, even a turkey or pig, could be baked therein. These were taken out, as done, by a long-handled, flat shovel, called in those days a 'peel,' which would reach to the back of the oven."

"But how was it heated?" asked Dora. "Surely, the fire in the fireplace wouldn't be sufficient!"

"It was heated by burning inside it long sticks of hard wood, usually hickory, cut the proper length for that purpose; and I remember in my childhood hearing my mother tell 'the boys,' 'You must fill the stock-hole with oven wood to-night, for I'm going to bake to-morrow.'"

"And what was the 'stock-hole,' grandma?"

"A long horizontal place under the oven, built expressly for holding the wood with which the oven was to be heated. When sufficient wood had been piled in the oven, it was allowed to burn down to coals, and these were cleared from the oven with the long-handled peel, and dumped into the fireplace. There was an iron door to this oven, provided with a half-moon shaped peep-hole, which could be opened and closed at pleasure, as one needed to look in. It also served to let cold air into the oven."

"Well, now," said Myra, "I understand a story I once heard in Guildford, Conn., about Catherine Beecher and her cook-book."

"Give us the story, Dora, if it's a good one."

"It was thought a good joke on Miss Beecher, anyway, as she was experimenting with reference to her forthcoming cook-book.

"It seems that, the family being away, Miss Beecher and a friend thought it a good time to try their skill at bread-making, so the bread was prepared and set in the brick oven to

bake, they thinking the oven in some way acquired heat from the hearth. There the bread stood till it had run over the pans and sprawled on the bottom of the oven, but it showed no sign of baking. On the return of the housewife, Miss Beecher and her friend were not a little surprised on being asked, "Why didn't you heat the oven?"

"I wonder if all cook-books of that date were made from similar experience," said Elsie, thoughtfully.

FRANCES HOWARD.

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Moravian Recipes

MORAVIAN CAKE, OR BETHLEHEM SUGAR CAKE

ONE pint of milk and one cup of mashed potatoes. One cup of yeast, or one cake of compressed yeast, dissolved in a half-cup of lukewarm water. Add one tablespoonful of salt and sufficient flour to make a stiff sponge. Beat well, and put in a warm place until very light, after which add two eggs well beaten, one cup of *white* sugar, one cup of butter and lard mixed, and a little flour to work the sponge until blisters form upon it and the dough does not adhere to the hand. Put the dough in greased shallow pans, and smooth out to half an inch in thickness, and set away to rise. When the cake is light, make holes at equal distances, filling each with a lump of butter and a little *brown* sugar. Select this brown sugar with care. It should be a bright yellow-brown, with a nice taste. Spread over the entire cake with plenty of this sugar, and a little cinnamon. Bake in a moderate oven, fifteen to twenty minutes. The sugar forms a crumbling frosting, which will not shake off if carefully handled and cut. A similar rule calls for only three-quarters of a cup of shortening. Sugar pretzels are sometimes made in Bethlehem instead of the customary salt-encrusted ones.

MORAVIAN MINT CAKES

This recipe is taken from *The Housekeeper* for September. The contributor states that it is a recipe which has been in use since the earliest Moravian settlements were made in Pennsylvania, and preserved in Moravian families settled at Lititz, Pa., and closely guarded, never before having been printed. It is the original recipe of the Moravian "nuns." "One pound of pulverized, or confectioner's, sugar, three tablespoonfuls of water, and five drops of oil of peppermint (essence of peppermint will not do).

"Mix half the sugar with the water in a porcelain-lined saucepan. Put it over the fire, and stir until it boils up. Take at once from the fire, and stir into it the remaining sugar and the oil of peppermint. When thoroughly mixed, return to the fire, and let it boil up again. Remove at once from the fire, and pour into little tin patty-pans, or drop on oil paper, or make cakes the size of a dollar. The pans should not be oiled. If allowed to *more than just boil*, it will show clear, and be spoiled. When properly made, it is a creamy white confection, and is especially nice for children, being pure and wholesome."

The Bethlehem Cook-book gives the following recipe for "Bethlethem Mint Cakes": "One pound of powdered sugar, wet with five tablespoonfuls of hot water, twelve drops of oil of peppermint: Let this boil hard, long enough to count twelve slowly. Remove from the fire, and pour into small round pans. This may be flavored also with wintergreen and spices. When chocolate is used, let it boil five minutes." Chocolate makes a brown candy, of course, and the rose-flavored ones are colored rose, and the wintergreen, pale green;

while the spices make a brown lighter than the chocolate. They contrast very prettily in rows in the same box, and are pretty for a gift, a sale for charity, or the dinner table. It is strange that rose as a flavor should be unpopular to the degree that it is, when our great-grandmothers used it so exclusively. They candied the petals, and made rose-water for custards, squash pies, and puddings; and, for their best pound cake, they used butter that had been packed with rose petals until it was perfumed and flavored by them. Nowadays it is hard to get rose flavor in anything but hard, sugared almonds, which are an old-time favorite, made for centuries.

JULIA DAVIS CHANDLER.

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Physical Culture

A writer in *Medical Brief* has this to say concerning physical culture: "An hour of useful, purposive work, involving muscular exertion, such as lawn-mowing, wood-chopping, sawing, shovelling, etc., is of more vital value to the individual than several hours spent in the indoor gymnasium or athletics. Usefulness, purposiveness, helpfulness, and general service furnish the keynote to the harmony and moral equipoise, strength and beauty, in human no less than in universal nature."

This is good advice. We always have believed that, if one's daily work could furnish him exercise, it was the best physical culture that he could possibly take. The doing of housework, sawing wood, shovelling snow from the yard,—some work that has a purpose in it,—is far better than just mechanically going through some set form of exercise, such as practising in the ordinary gymnasium with dumbbells, Indian clubs, etc.

The best benefit comes when the mind as well as the body is engaged in the exercise; and any exercise, whether indoors or outdoors, that engages both muscle and mind, is sure to be more beneficial than that exercise that is simply taken because one feels constrained to go through some mechanical mode of exercise. The mind and the body must work together to secure the best results.

E. P. in *Medical Talk.*

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Chocolate Sauce

CREAM one-fourth a cup (scant) of butter and one cup of light-brown sugar in a small bowl. Shave into this one square of unsweetened chocolate, and set over hot water, stirring into the mixture gradually four tablespoonfuls of hot water. When the chocolate is melted and the sauce is smooth and creamy, it is ready to serve. Flavor with vanilla.

This sauce is very good with rice or bread pudding and with some steamed puddings. Left-over cottage pudding, reheated by steaming, and served with chocolate sauce, is quite transformed.

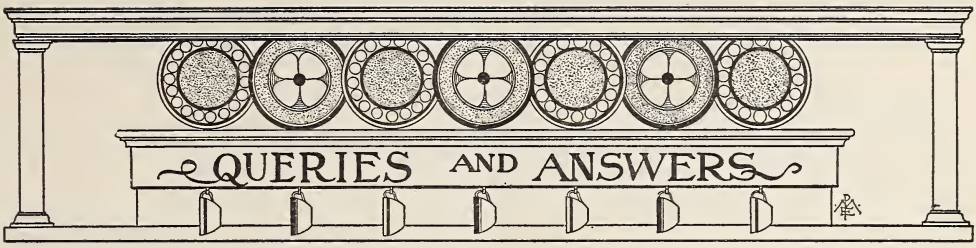
ELIZABETH ROBERTS LORD.

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Squash Pie

SCALD one quart of milk. Take from the fire, and stir in one pint of steamed-and-sifted squash. Add one-half a teaspoonful of salt and three-quarters a cup of sugar. When cool, stir in three well-beaten eggs, the grated rind of one lemon and the juice of two. Line a deep plate with pastry. Put a tiny strip around the edge, and fill it as full as possible with the filling. It being difficult to move a plate so full, my method is to place the pie in the oven, nearly filled, and complete it by pouring some in from a cup. This recipe makes two large pies and a small one. To be eaten very cold.

CORINNE JEWETT.



THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1092.—J. L. B., Cleveland, Ohio: "Recipe for chicken or halibut, Newburg style."

Chicken Newburg

Scald one cup of thin cream over hot water. Add one cup and a half of cooked chicken, cut in inch pieces, cover, and let become very hot. Beat the yolks of three eggs. Add paprika and one-fourth a teaspoonful of salt. Dilute with a little of the hot cream, then stir the whole into the hot mixture. Stir constantly while the mixture thickens, then add three-fourths a cup of sherry wine, and serve at once. Serve as soon as the wine is added, or the liquid will curdle.

QUERY 1093.—C. R. W.: "Where can the banana coffee spoken of in the November number be obtained, and what is it?"

Banana Coffee

We are unable to tell you where the banana coffee is now obtained. We tried a package when the coffee was put on sale in Philadelphia, and thought it one of the best substitutes for coffee that had appeared. This coffee is made of bananas. We will refer to the matter again when we can state at what place the coffee may be purchased.

QUERY 1094.—A. P. S., Minneapolis, Minn.: "Recipe for chop suey."

Chop Suey

Cut tender fresh pork (lean) and chicken, one or both, into very thin pieces an inch and a half in length and half an inch wide. Sauté these in fat tried out of fresh pork. Have ready half as much (in bulk), or more, of celery, cut transversely in inch lengths, and an onion, cut in small pieces. To the browned meat add the celery and onion, cover the whole with boiling water, chicken, or veal broth, and let simmer until nearly tender. Then add peeled mushrooms, few or many, according to taste or convenience, sautéd in the fat from which the meat was taken. For about a quart of material stir a level tablespoonful of cornstarch with cold water to make a liquid paste, then stir it into the hot mixture. Continue stirring until the mixture boils, then add one or two tablespoonfuls of West India molasses, a teaspoonful or more of salt, and a tablespoonful or more of China soy. Enough soy should be added to make the dish of dark color. The molasses should give a slightly sweet taste. There should not be too great an abundance of sauce. China soy (a dark-colored Chinese

sauce) can be purchased in half-pint or pint bottles at about $1.50 and $2.25 per bottle, respectively.

Query 1095.—G., Denver, Col.: "How are Boston baked beans cooked with oil instead of pork? Are candied mint leaves the garden mint, such as is served with lamb, or peppermint? Recipe for 'strudel.'"

Boston Baked Beans with Olive Oil

To a pint of beans parboiled and ready for baking add two or three tablespoonfuls of olive oil, a teaspoonful, each, of salt and mustard, and two tablespoonfuls of molasses. Cover with boiling water. Cover the dish, and bake as usual.

Candied Mint Leaves

Candied mint leaves are prepared from "garden mint, such as is served with lamb." Peppermint leaves are thinner, and more delicate in texture.

Recipe for "Strudel"

Will some reader who makes "strudel" kindly send a recipe that is considered good?

Query 1096.—N. D. Y., Onawa, Me.: "Will you tell how to make good pie crust, using lard for shortening? Mine is tough and hard to roll. Also give correct proportions for using cream of tartar and soda as a substitute for baking-powder."

Tender Pie Crust with Lard

Pass through a sieve three cups of flour and half a teaspoonful of salt. With the tips of the fingers work into the flour between five and six ounces (from two-thirds to three-fourths a cup) of lard. When the flour and lard are evenly blended, stir in enough cold water to make a paste that does not stick to the bowl. Turn this out onto a floured board, turn it over in the flour, knead lightly, if necessary, to get it into good shape, then cut off a piece and roll it out to fit the plate. A tough paste, hard to roll, would indicate the use of too little shortening. A paste must be soft enough to roll easily, but the softness must come from the shortening, not water.

Proportions of Cream of Tartar and Soda, etc.

Use a little less of the combined cream of tartar and soda than the quantity of baking-powder designated. In measuring level, use about three times as much cream of tartar as soda. As in a recipe calling for four level teaspoonfuls of baking-powder, plan to use three and one-half teaspoonfuls of cream of tartar and soda, or one level teaspoonful of soda and two and one-half teaspoonfuls of cream of tartar. Uniform measurements are by no means certain, even when level measurements are used, and in using the cream of tartar and soda for the first time it is well to bake a bit of the dough, and make sure that the proportions are right.

Query 1097.—J. B., Germantown, Pa.: "Kindly tell how to use cream instead of butter. In cake-making, what quantity of cream should be used in place of butter to produce the same result?"

Substituting Cream for Butter in Cake-making

We do not think it practical to try to use a formula calling for butter in making a cake with cream. The results would not be identical.

Query 1098.—S. M., Marblehead, Mass.: "Recipe for clear clam broth."

Clear Clam Broth

Scrub a peck of clams. Put them into a kettle with a quart of water cover closely, and cook until the shells open. Drain off the liquid, and let cool. Beat the white of an egg slightly. Add several crushed shells, and stir into the broth with salt and pepper as

Dainty Foods Demand It

IN EVERY Receipt that calls for cream of tartar, soda, or baking powder, use the Royal Baking Powder. Better results will be obtained because of the absolute purity and great leavening strength of the Royal. It will make the food lighter, sweeter, of finer flavor, more digestible and wholesome. It is always reliable and uniform in its work.

Alum and phosphate baking powders—some of them sold at the same price and some of them cheaper—will make neither dainty nor wholesome food.

ROYAL BAKING POWDER CO., NEW YORK.

needed. Set the dish of broth over the fire, and stir constantly until the boiling-point is reached. Let boil five minutes, then draw to a cooler part of the range, and let stand to settle. Skim and pour through a double fold of cheese-cloth laid over a strainer in a bowl. Reheat, dilute with boiling water, if desired, and serve.

QUERY 1099.—S. M., Denver, Col.: "Menu for a simple luncheon on Valentine Day."

Luncheon, February 14

Orange Pulp in Cups with Maraschino Cherry.
Chicken Bouillon with Slices of Tomato
Timbale (Cut Heart Shape).
Creamed Shrimps. Rolls. Olives
Fillets of Chicken Breast,
Truffle Decoration (Heart Shape).
Bechamel Sauce with Truffles.
Carrots (Heart Shape) with Peas.
Pineapple-and-Celery Mayonnaise,
Pimento Garnish (Heart Shape).
Strawberry or Raspberry Ice in Heart-shaped Paper Cases.
Coffee.

QUERY 1100.—"Minnesota": "Recipe for a rich white cake. Where can I find the answers to the Mary D. Chambers lessons in cookery?"

Mrs. Henderson's White Cake

Beat three-fourths a cup of butter to a cream. Then gradually beat in two cups of flour, sifted two or three times with one-fourth a teaspoonful of soda. Beat the whites of six eggs dry, then gradually beat in one cup and a fourth of powdered or very fine granulated sugar. Mrs. Henderson uses powdered sugar, but granulated sugar, scanting the measure a little, will give a moister cake. Beat the sugar and white of egg very gradually into the butter and flour. After the butter and flour have been diluted a little, the sugar and egg may be added in larger quantity. Add at the last the grated rind and juice of half a lemon, and beat until very smooth. Do not have the oven too hot, when the cake is first put into it. Cover the cake with an icing flavored with lemon.

Elegant Cake

Cream one cup of butter. Gradually

The Little Widow

A Mighty Good Sort of Neighbor to Have

"A little widow, a neighbor of mine, persuaded me to try Grape-nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman from San Bernardino County, California.

"I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought relief.

"I liked Grape-nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In two months my weight increased from ninety-five to one hundred and thirteen pounds, my nerves had steadied down, and I felt ready for anything. My neighbors were amazed to see me gain so rapidly, and still more so when they heard that Grape-nuts alone had brought the change.

"My four-year-old boy had eczema, very bad, last spring, and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-nuts, which he relished at once. He improved from the beginning, the eczema disappeared, and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-nuts diet did it. I will willingly answer all inquiries." Name given by Postum Company, Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in packages.



A Fact

The housewives of America insist upon these soups,

Because everywhere they are acknowledged as the highest standard for purity, goodness and cleanliness.

Campbell's SOUPS

are what they are because:—

We could not afford, from your standpoint or from ours, to produce anything but the best.

The farmers supply us with vegetables, the very pick of their crops, and in the stock the same high-grade character is insisted upon.

Coupled with this excellence is the careful, skilled and conscientious method which marks every detail of the making.

For ten cents, the price of a can, you may provide enough for the average family.

"Just add a can of hot water and serve"



Joseph Campbell Company

46 Penn Street, Camden, N.J., U.S.A.

Send for Handsome Illustrated Booklet, No. 28

No care,
No pare,
No mix,
No fix.

beat into it two cups of sugar, then add alternately half a cup of milk and three cups and one-half of sifted flour, sifted two or three times with four level teaspoonfuls of baking-powder. Lastly beat in the whites of seven eggs, beaten dry.

Answers to Questions in Cookery Lessons

Each person is supposed to work out the "answers" to the lessons referred to for herself. Kindly send list of "questions" to which answers are desired, and, if they are of general usefulness, we will arrange to have the ground covered more explicitly.

Query 1101.—Mrs. G. S. W., Gowanda, N.Y.: "Recipe for Southern corn-meal muffins made with buttermilk."

Corn-meal Muffins

Scald two cups of corn-meal (white). Do not add enough water to make a batter or a dough. When cooled to a lukewarm temperature, it should feel dry. Pass through a sieve together, several times, half a cup of flour, one-fourth a teaspoonful of salt, and a scant teaspoonful of soda. To the corn-meal add the well-beaten yolks of two eggs, one-fourth a cup of melted butter, one cup and a half of thick buttermilk (about like thick sour milk), and the flour mixture. Mix thoroughly, then add the whites of two eggs, beaten dry, and bake in a hot, well-oiled muffin pan about twenty minutes. If this is not the recipe desired, kindly criticise, and we will try again.

New England is still fond of the old-fashioned apples. Russets, sheep noses (often called gilliflowers), still hold their own east of the Connecticut River. Russets are always in big demand in this city, too. Another popular Boston apple is the old crow's egg, a variety of the gilliflower, sometimes called the black gilliflower from its dark maroon tint. Probably millions of Western people never heard of these apples, much less have seen them.

Works without Faith

Faith came after the Works had laid the Foundation

A Bay State belle talks thus about coffee:—

"While a coffee drinker, I was a sufferer from indigestion and intensely painful nervous headaches from childhood."

"Seven years ago my health gave out entirely. I grew so weak that the exertion of walking, if only a few feet, made it necessary for me to lie down. My friends thought I was marked for consumption,—weak, thin, and pale.

"I realized the danger I was in, and tried faithfully to get relief from medicines, till at last, after having employed all kinds of drugs, the doctor acknowledged that he did not believe it was in his power to cure me.

"While in this condition, a friend induced me to quit coffee and try Postum Food Coffee, and I did so without the least hope that it would do me any good. I did not like it at first, but, when it was properly made, I found it was a most delicious and refreshing beverage. I am especially fond of it served at dinner, ice cold, with cream.

"In a month's time I began to improve, and in a few weeks my indigestion ceased to trouble me and my headache stopped entirely. I am so perfectly well now that I do not look like the same person, and I have so gained in flesh that I am fifteen pounds heavier than ever before.

"This is what Postum has done for me. I still use it, and shall always do so." Name given by Postum Company, Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in packages.

The Guiding Mark to Good Confectionery

Trade Mark
Necco Sweets
New England Confectionery Co
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is the seal of Necco Sweets. It's the distinguishing mark for *good* confections of all varieties. It enables anyone to buy candy with the assurance that it is the best that can be bought. For example try a box of

Lenox Chocolates

Delicate in flavor, rich in quality—by far the most delightful chocolates you ever tasted. To be sure of candies that are thoroughly pure and wholesome, always look for the seal of Necco Sweets. For sale where the best confectionery is sold.

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Has no equal for FLAVOR or ECONOMY
You save ONE HALF your COCOA by using it.
We know it, you can prove it by sending 10 CENTS for TRIAL CAN to

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IMPORTER
BOSTON, MASS.

Remember the YELLOW WRAPPER

Book Reviews

How to Cook for the Sick. By Helena V. Sachse. Cloth. 12mo. Price $1.00. Philadelphia: J. B. Lippincott Company.

This volume is arranged for the physician, trained nurse, and home use. It aims to place the preparation of food on an accurate basis, just as medicine prescribed by the physician is prepared by skilled hands from standard formulas.

The following principles are strictly adhered to, namely:—

1. Starchy foods require long cooking.

2. Albuminous foods, as eggs, oysters, etc., must be cooked at a low temperature, or they are rendered tough.

3. Fats in the form of butter and cream are best added after the food has been removed from the fire.

4. Where boiled milk is objected to, the milk is only heated to the pasteurizing point (165° F.).

5. When a restricted diet is ordered and starchy food is not allowed, the soups and sauces are thickened with yolks of eggs or Irish moss.

6. No fried foods should ever be given an invalid.

7. Give as much variety as possible.

8. Serve everything tasty, and use as little flavoring as possible, so that the flavor of the main food principle be not lost.

Garnish the dishes, but be sure they taste as good as they look.

Measure all ingredients carefully before mixing. Taste before serving. Serve hot foods hot (not lukewarm).

This, a new edition, contains a chapter treating of the "Substitutes for Cane Sugar." It explains, also, a new way of albuminizing foods—*i.e.*, adding whites of eggs to liquids—in a concentrated form.

The making of kumiss has been elaborated upon, and each detail explained, so that this valuable milk food can be made accurately by any one. Seventy recipes have been added to this edition, and a complete classification of the recipe has been given for ready reference. It thus becomes a very convenient manual in arranging diet lists for general and specific purposes. Scientific in principle, the work has been intelligently and conscientiously done.

A Hand-book of Nursing. Cloth. Illustrated. Price $1.00. Philadelphia. J. B. Lippincott Company.

This Hand-book of Nursing was prepared for the use of the Training School for Nurses in the State Hospital, New Haven, Conn. It bears the indorsement of N. Porter and Theo. D. Woolsey, former presidents of Yale College. The book is not intended to take the place of class-room instruction, but to assist the nurse in the intelligent performance of her daily duties. It is replete with directions and information in reference to the proper method of procedure in every phase of a nurse's calling.

Nursing is rapidly supplanting the administration of drugs. The trained nurse has come to stay. How much depends upon her qualification and training! In every respect the work is highly commendable. Books of this nature are indispensable to those who have to do with the care of the sick or

To destroy disease germs and foul gases, the waste-pipes, sinks, closets, cellars, and every suspected spot should be regularly purified with

Platt's Chlorides

The Odorless Disinfectant.

Sold in quart bottles only, by druggists and high-class grocers. An illustrated booklet with valuable sanitary hints mailed free.

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Merit—exceptional merit—has won this record. May we not prove it to you? Simply send your address on a postal. At grocers and druggists. Box postpaid 15 cts. (stamps).

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Sylmar Olive Oil retains all the rich, fruity flavor of ripe California olives, and is most palatable. Sylmar Olive Oil is absolutely the finest article of its kind that can be produced, and can be purchased with the confidence that every bottle will stand the most rigid chemical analysis and be proven absolutely free from adulterants.

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Send postoffice or express money order for $3.00 for three quart-size bottles, and we will deliver them to you express prepaid. Give your grocer's or druggist's name, and we will offer him the agency.

We publish a booklet containing physicians' directions for medicinal uses of olive oil, cooking receipts, government recommendations, descriptions of our process, and directions for detecting adulterants in olive oil. We will send this booklet and a sample bottle of the oil to any address for 10c. postage.

Two tablespoonfuls of Sylmar Olive Oil contribute more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs. The body is a machine which must be lubricated in order to run smoothly and be vigorous. Eat natural olive oil freely and pay the doctor less.

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wish to be informed of modern ways in family hygiene.

A Booklet on Bananas.

The readers of the *Cooking-School Magazine*, by mailing ten cents in stamps to A. W. Preston, 131 State Street, Boston, Mass., can receive a copy of "A Short History of the Banana and a Few Recipes for its Use." The recipes of dishes, illustrated in colors, were prepared by the editor of this magazine. The booklet is published by the United Fruit Company.

They were married about the first of November, had just got back from the honeymoon, and settled down in their new house in Germantown. The new cook was about as green as the lady of the house. The latter said, as she went out for a visit on the day before Thanksgiving: "Now, Emma, go to work on the turkey, and prepare it just as you would chicken." Emma did so. She cut the turkey into a dozen big pieces, and was about to fry them like spring chicken when the lady came in, and saw the havoc that had been played with the royal bird. A good cry relieved her feelings, and then the husband suggested that they sew the pieces into place, pack in the stuffing to support the fabric, and make the best out of the dilemma. This was done, and the guests at dinner next day never once suspected that anything was wrong. But hubby got a reproachful glance from the lower end of the table as he cast a solemn look at his wife, and said, as he wielded the carving knife "Our turkey is certainly nicely basted, dear."

After Breakfast Chat

(*Concluded from page* 346.)

overlooking the Common. The hangings, walls, and ceilings are in restful tints of green. The fittings are substantial. Every detail, from the embossed white and gold coat-of-arms on the menu cards to the fresh flowers on the tables and the dress of the waitresses, is planned out with care; and the air of high-bred exclusiveness that permeates the room is accentuated by the women who patronize it. The menus are changed daily. The following menu for afternoon tea was served one day in January:—

Toasted English Muffins.
Hot Buttered Toast.
Olive Sandwich. Welsh Rarebit Sandwich.
Creamed Oysters in Ramekin.
Raspberry Tart. Cake. Hot Chocolate.
Pot of Oolong, English Breakfast, or Ceylon Tea.
Pot of Orange Pekoe.
Bottle of Choice Jersey Milk.

She: "There wasn't much laughter or conversation at your end of the table. Didn't you and your young lady have anything in common?" He: "Oh, yes, an appetite."—*Life.*

IF any dealer offers you a substitute when you ask for the

Velvet Grip

Sample Pair, Mercerized, 25c.; Silk, 50c. Mailed on receipt of price.

CUSHION BUTTON HOSE SUPPORTER



Insist on having the genuine

Over two hundred styles. Worn all over the world.

LOOK FOR THE NAME AND THE MOULDED RUBBER BUTTON.

GEORGE FROST CO., Makers, Boston, Mass., U.S.A.

Lea & Perrins' Sauce

THE ORIGINAL WORCESTERSHIRE



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Rare piquancy is given to Chafing Dish cooking by using

LEA & PERRINS' SAUCE

The Original and Genuine Worcestershire

has never been successfully imitated. Lea & Perrins' Sauce was in universal use a generation before any other so-called Worcestershire was ever heard of. There is no other like it. It is First and Best.

CAUTION.—The popularity of Lea & Perrins' Sauce has induced many manufacturers to attempt to market worthless imitations.

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GELATINE

FOR WINE JELLIES
BLANC-MANGE
CHARLOTTE RUSSE

PURE AND WHOLESOME

Our Pulverized Gelatine is the most convenient for family use. Dissolves in a few minutes.

An 8-cent package
makes two quarts.
Cheapest and best.

For sale by all grocers.

S. S. PIERCE COMPANY, Boston, Mass.
Manufacturers' Agents.

What shall I serve?

That's the eternal question of all women who entertain. Whether it's an informal "at home" or an elaborate reception, nothing adds so much to the menu as

Welch's Grape Juice

Delicious drinks, dainty desserts,—there are forty ways of serving it. Welch's Grape Juice contains no preservatives of any kind,—just the pure, refreshing juice of the best Concord grapes, put up with unusual care in air-tight bottles.



The Welch Grape Juice Co.,
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Sold by most druggists and grocers. In ordering, it is worth your while to specify "Welch's." If your dealer cannot supply you, send $3.00 for trial dozen pints, express paid east of Omaha. Booklet, with delicious recipes for beverages and desserts made from Welch's Grape Juice, free. Sample 3-ounce bottle, by mail, 10 cents.

Made in a Minute.

A little milk and all ready for the griddle.

TO MAKE
Light,
Dainty Cakes
USE

Heckers'

Buckwheat.

Remember, the milk must be cold and the griddle hot.

19



OLD AND NEW

We keep the best of the old-fashioned and all the new things in kitchen utensils. Our store has been a kitchen shop for seventy-five years, and is a veritable paradise for housekeepers. We have the finest and largest assortment of domestic and foreign novelties to be found in this country. Moulds of all kinds, vegetable cutters, garnishing knives, pastry tubes, oil droppers for salads, salad sets, lettuce washers, mayonnaise mixers, etc.

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Boston, Mass.

Scollay Square
Subway Station



Reminiscences of Life in Mexico

(*Concluded from page 327.*)

they received two *reales* a day, about twelve cents of our money, and out of this they kept a family. Though they were allowed rations of about five pounds of beans and some dried meat once a month, they were always in debt to the commissary, where they were obliged to buy their provisions, such as corn, beans, and *chile*, which, with a little fresh meat occasionally, constituted their food.

I became well acquainted with their mode of life, as they would constantly call at the house for *remedios*, and often send for me to visit them when they were *muy enfermo* and could not go out. Oh, those huts! Made of *carrizo* poles or of *adobe*, thatched with dried grass, with only the earth floor, a *petate* to sleep on, a few *ollas and cazuelas*, they were the acme of wretchedness, particularly when it rained or was cold, for they afforded little or no protection. But the *peons* were apparently satisfied with their life, as it was the life of their parents and all their ancestors, and they knew no other.

Though I have never studied medicine, they seemed to have faith in my prescriptions, especially when they also received with their medicine some American sugar or some tea. I had been giving them salts wrapped up in small papers, but, when they spoke of the difficulty in swallowing the paper, I substituted pills made of salt, senna, and bread, which answered the purpose very well. Among their own remedies an herb called *malva* has wonderful curative powers when applied as a poultice on tumors, boils, and inflammations of all kinds. It is said to have cured cancer also. For headaches they use *chiqueadores*, which is the name for two halves of a bean, or two small pieces of green leaf or brown paper, pasted on the temples with soap.

Of course, they are very superstitious, and are firm believers in the *mal de*



The Precision of the HEINZ WAY

Were we asked to tell in a single word the secret of Heinz growth, of Heinz quality, of Heinz purity, we would say PRECISION—strict, exact conformity to the highest standard of excellence.

In the above photograph (and these bottles were the first three taken from a regular Heinz stock) notice how each little pickle, each onion, each red pepper or bean, has its own individual place in each bottle, *where it has to be before the bottle passes inspection.* Can you conceive of a method more exacting than this? And yet this same rigidity of requirement is manifest in every process, whether it be the growing of fruits and vegetables, their selection, cleansing, preparation, packing, labeling, or the double sterilization of every jar, bottle and can.

This is the Heinz Way—the way that has raised food-production to the very highest level of purity and quality. And because of its precision every housewife may obtain from her grocer any one of the 57 good things for the table, with the knowledge that it is as good as her own, *plus* the advantages of Heinz experience, system and equipment.

"The Spice of Life," an entertaining little booklet, tells how the Heinz Way will solve *your* food problems. A complimentary copy will be sent upon request.

H. J. HEINZ CO.,
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Exquisite Winter Desserts and Delicious Ice-cream quickly made with Junket Tablets

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Box 2507. Little Falls, N.Y.

ojo, or evil eye. If a young child has been ailing for some time, they take a fresh egg, rub it for half an hour over the little body, and then break it open. If the white is coagulated, which naturally it usually is, the evil influence has departed, and the child is bathed, probably for the first time in its life. If the patient seems to do better, the improvement is due to the egg, and not to the bath. On no account would the bath be given without using the egg. I noticed on all the babies a peculiar mark at the extremity of the spine, like a bruise, and about the size of a quarter. It disappears before the child is a year old, and is a sign of mixed blood, either Indian or negro. Nearly all Mexican babies are born with this *mancha*.

The most pitiful and, at the same time, amusing sight that I witnessed was the funeral of a little girl. The mother had attired the corpse in blue paper, adorned with gilt paper stars, in imitation of the dress of the Virgin of Guadalupe, and had laid it out on a table surrounded with candles and gaudy, artificial flowers. Four ragged and barefooted *peons* carried the table, and were followed by the parents and the *peon* band of the estate, composed of a cornet, violin, flute, and drum, playing, not the Dead March from "Saul," but "Ta-ra-ra-ra-boom-de-ay," which pathetic air had recently come to Mexico. It was laughable to see the mourners skipping along, trying to keep step with the music and at the same time setting off rockets,—a custom when burying a young child.

I was glad when my stay was at an end and I was going to a town where I could see a little civilization once more and some Americans, for, though I lived in Mexico a number of years, I could never get used to the Mexican ways nor reconciled to their manners. As George had completed his survey for the railroad, we departed, to the sorrow of the poor *peons* and to the

Good Health our Valentine



MALT BREAKFAST FOOD

Brings good health, especially to the children. The healthy child is better for it, the weak one needs it. It is the most completely nourishing, easily digested food for infants and invalids. But — Malt Breakfast Food has the taste and texture that strong folks like. It is the entire edible berry of wheat, parched, granulated, and **malted,** changing starch to grape sugar, which brings out the full flavor and makes assimilation easy. **The Ideal Breakfast Dish.**

More breakfasts to the pound than any other cereal. Two pounds to the package, **fifteen cents** (or **twenty cents** west of the Rocky Mountains and in Canada). Address DEPARTMENT I,

The MALTED CEREALS CO.
BURLINGTON, VERMONT.

"Just its flavor will win your favor."

FOR YOU

Our "Little Dutch Girl" Doll

We would like to send you, for the child you love best, "**Gretchen,**" our eight-inch cloth doll.

We offer this to secure the name of your grocer, and to know if he sells **Malt Breakfast Food.** Ask him. Then write and say: "I would like the doll. My grocer's name is ——, address ——. He does Yes / No keep **Malt Breakfast Food.**" Sign your name and address. That's all. Then we will send the doll.



Get the DOLL NOW

We will show you how to get Malt Breakfast Food, wherever you live, without trouble, and enclose our guarantee to **return your money,** if you want us to, after you have eaten one package of genuine **Malt Breakfast Food.** Ask your grocer, but get the genuine, with the "**Little Dutch Girl**" **on the package.**

A Standard for Years, with a Flavor all its own

Makes perfect whole wheat bread and delicious gems, desserts, rolls, cookies, pancakes, mush, etc.

Beech-Nut Conserves

twenty-one different kinds of jams, jellies and preserves—made from pure granulated sugar and the finest fruit the market affords. They are as clean as if put up in your own kitchen, and absolutely pure, without a trace of preservative of any kind.

Beech-Nut Sliced Bacon and Beech-Nut Sliced Beef, like the Conserves, are packed with the same care and cleanliness and with no preservatives whatsoever. Beech-Nut booklet, edited by Janet McKenzie Hill, illustrated in colors, shows nine ways of cooking bacon, six ways of cooking beef, together with some illustrations of Conserves. This booklet will be mailed upon receipt of 2c. stamp.

All good grocers, butchers and provision men sell Beech-Nut products. If you cannot get them, we will send twenty-four assorted jars, express prepaid east of Chicago and north of Richmond, $4.00; other points east of the Mississippi, $4.50; west of the Mississippi, $5.00. Only one order to a person.

Beech-Nut Packing Co.
Canajoharie, N. Y.



joy of María and Doña Pascuala, who now had a chance to wear the shirt-waists I missed from my trunk a few days before leaving.

Drink More, Eat Less

If people would take less nutrition and drink more water, there would be less rheumatism, gout, eczema, and neuralgia in the world. The most frequent cause of these derangements is an excess of nutritive materials. The blood is surcharged with salts that are not needed in the system.

The doctors are trying to remedy these diseases by giving something to eliminate the salts, such as purgatives, diuretics, and solvents of various kinds. The rational way, however, to cure such affections is to stop the cause. Drink more water, eat less meat and concentrated foods. This shuts off the supply of urates in the blood.

Those who take active exercise in the open air every day require a greater amount of nutrition. Not only do they use up the nutritive materials in muscular exercise, but the amount of oxygen inhaled because of their activities thoroughly oxidizes the urates, and changes them into urea. If the blood is loaded with urates, they are very likely to crystallize, especially in those portions of the body where the circulation is the least and the temperature the lowest, such as the elbows, ankles, the toes, and fingers.

Drink more water, eat less food. This is a prescription that is worth more to such people than all the drugs in the world. Shut off the source of urate poisoning, and the effects of urate poisoning will disappear.—*Medical Talk.*

Laxative Foods

Generally, vegetables which leave a large residue after digestion have a laxative effect, such as tomatoes, spinach, lettuce, asparagus, salsify, cabbage, and celery. Tomatoes and spin-

LISK'S

Sanitary SELF BASTING ROASTER



No Basting, No Waste, and Nothing to Watch but the Clock

One-fifth of every roast, *one pound in every five, is wasted* by ordinary roasting-pans. The **Lisk Sanitary Self-basting Roaster** saves every ounce of that waste.

No basting to do with the **Lisk Sanitary Self-basting Roaster.** The juices from the roast, vaporized by the heat, collect on the inner roof of the **Roaster** and drop back again upon the roast, *keeping it constantly basted.*

The **Lisk Sanitary Self-basting Roaster** is made of the Imperial Gray Enamel which has made **Lisk** Kitchen Utensils famous. It can be used on the stove as well as in the oven. As easily cleaned as china.

Saving in space. *Seamless* in construction. *Sanitary* in use. Sold under a *ten-year unconditional guarantee.* Three sizes,— small, medium, large.

Special Offer

Ask your dealer for the Lisk Self-basting Roaster. If he cannot supply you, send us $3, and we will send you a medium-size Roaster (by express prepaid) with the privilege of returning it, if at the end of thirty days you are not absolutely convinced of its merits.

Descriptive Booklet K sent free.

THE LISK MANUFACTURING CO., Canandaigua, N.Y.

LISK

LISK



"Silver Plate that Wears"

TRADE MARK

"1847 ROGERS BROS."

The success of modern times in Silver Plate. Sold by leading dealers. The makers will send you their new catalogue "P-8" on request.

MERIDEN BRITANNIA CO., Meriden, Conn.
(International Silver Co. Successor)

A Recipe Card Index

A USEFUL GIFT



The old style cook book gives way to the modern Card Index Recipe Box, each recipe on a separate card and classified under heading cards, so that any recipe under any heading can be instantly found. ¶ The housewife's most valued recipes—those given her by friends and clipped from periodicals—instead of being scattered and mislaid, are kept together in perfect order. ¶ The Index can grow to any size. Simply put any new recipe on card and add in proper place. ¶ When preparing a dish the card is taken from box and placed before cook on cooking table. ¶ The recipes can be written, typewritten, cut out of newspaper or book, and pasted on. In any case, it is just as easy to find them. ¶ Outfit consists of a box handsomely bound in beautiful imitation of leather, red or black, containing 100 cards for recipes and 10 guides. From your stationer or sent prepaid to any address for $1.50. ¶ An inspiration for any woman interested in her kitchen. ¶ Invaluable for cooking-schools.

LIBRARY BUREAU, 43 Federal Street, Boston, Mass.

each seem to possess slight special laxative properties. Spanish onions, boiled, are laxative. With some persons the substitution of milk sugar (lactose) for cane sugar proves laxative. As to beverages, coffee, cider, and unfermented grape juice are somewhat laxative. Fruits are laxative, either because they contain indigestible seeds which act mechanically in the intestines (*e.g.*, figs, berries) or because the vegetable acids and salts which they furnish, upon being absorbed, stimulate the digestive secretions and peristalsis. Fruits with seeds are laxative, such as figs, blackberries, strawberries, huckleberries, blueberries, and also grapes in large amount without seeds. Fruits having special laxative properties through chemical action are apples, pears, peaches, oranges, shaddock, cherries, prunes, and plums. Fruit is always more laxative when eaten between meals or half an hour before breakfast. Dried figs or French prunes eaten at intervals during the day, when the stomach is empty, produce a laxative effect. Molasses and honey added to bread are laxative.

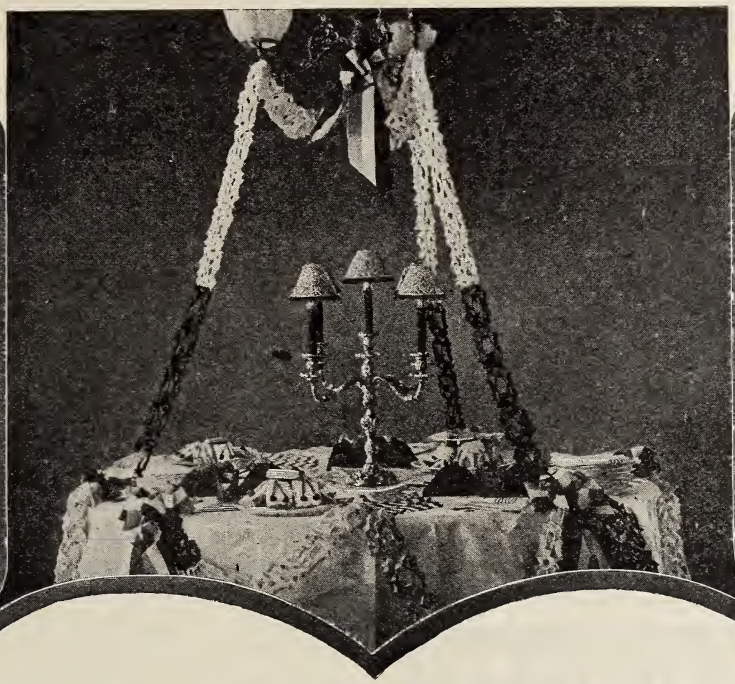
Breads, such as coarse Graham bread, rye bread, brown or whole-meal bread, Boston brown bread, etc., are considered valuable as possessing laxative properties.—*Medical Talk.*

From "Undergraduates' Magazine," Bryn Mawr

A well-known periodical
With arguments methodical
Has said that Bryn Mawr students
Would never make good wives,
For of dusting and of sweeping
And of scrubbing and housekeeping
We never have experience
In our gay college lives.

So we maidens energetic
Had best turn from sports athletic,
And drop the useless hockey stick
And learn to wield a broom.
For those that Bryn Mawr disparage
Say our only hopes of marriage
Lie in our capability
Of tidying up a room.

Margaret Helen Ayer, '07.



The Table of Mirth

Where feasts the Merry-Makers, is given its rare beauty and touch of elegance by

Dennison's Crepe Paper

This wonderful paper is made in all the solid colors and tints; also produced in unique decorative designs in many variations. It can be draped and fashioned into a thousand charming shapes both useful and ornamental. Party Tables and seasonable home decorations of a most exquisite character can be easily evolved from a few rolls of Dennison's Crepe Paper at the expense of a few cents. Candle Shades of delicate hues—Ice Cups of budding flowers—Favors in endless originality—bouquets of marvelous imitation flowers—garlands, festoons, ribbons, streamers.

Dennison's Crepe Paper Napkins

for simple or extraordinary occasions; Beautifully designed in flowers—natural colors—roses, violets. Holiday designs—flags for Washington's Birthday, hearts for St. Valentine, cards for card parties and special designs for clubs, lodges, colleges, musicales, outings and socials. This Table Crepe is very serviceable as well as beautiful and inexpensive. It adds greatly to any feast or occasion. Your dealer will give you or we will send FREE our **"Napkin Booklet"** showing in colors this season's designs—**"Decorated Crepe Paper"** representing the newest color creations in this exquisite material and **"Art and Decoration"** a complete guide to its use. Dennison's Crepe Paper is the only crepe paper that has the strength and texture requisite for art work. If your dealer does not keep it, let us know and we will see that you get it.

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Within this jar

there is more of the real substance of Beef—and a higher quality of Beef—than in any other Meat Extract jar of equal size.

It MUST have THIS signature

J. Liebig

in blue, or it's not genuine.

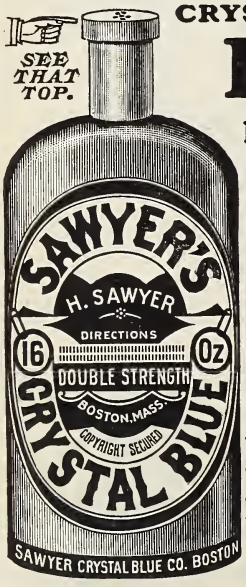
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Sawyer's

50 YEARS THE PEOPLE'S CHOICE

SEE THAT TOP.

CRYSTAL Blue



For the Laundry

DOUBLE STRENGTH

Sold in Sprinkling Top Bottles

Sawyer's Blue gives a beautiful tint and restores the color to linen, laces and goods that are worn and faded.

It goes twice as far as other Blues

Be Sure You Get From Your Dealer Sawyer's

Summer Practice Classes in Cookery, Third Season, 1906

Mrs. Janet M. Hill, editor of this magazine, will conduct classes in cookery at "Topo Pino," her summer home, South Chatham, N.H.

The lessons will be from the middle of July to the middle of August.

These classes are planned to give an opportunity to lecturers, housekeepers, and teachers of cookery to enlarge their répertoire of dishes and gain new ideas in cooking and serving; also to graduates of schools and colleges of domestic science to make a practical application of their theoretical knowledge.

The dishes prepared in the lessons are served to the pupils of the class.

"Topo Pino" is situated at the foot of Mount Kearsarge. It overlooks upper and lower Kimball Ponds, the sandy beaches of which give fine opportunity for boating and bathing. A limited number of boats are provided free of charge.

Nine States were represented in the classes of 1905.

For circular of terms and other information apply in person or by mail to the office of the *Boston Cooking School Magazine*, 372 Boylston Street, Boston, Mass.

At the café: "Waiter, take away this soup. It's as cold as ice."

"Oh, you must be mistaken, sir! I tasted it as I was bringing it; and it's nice and hot, sir!"

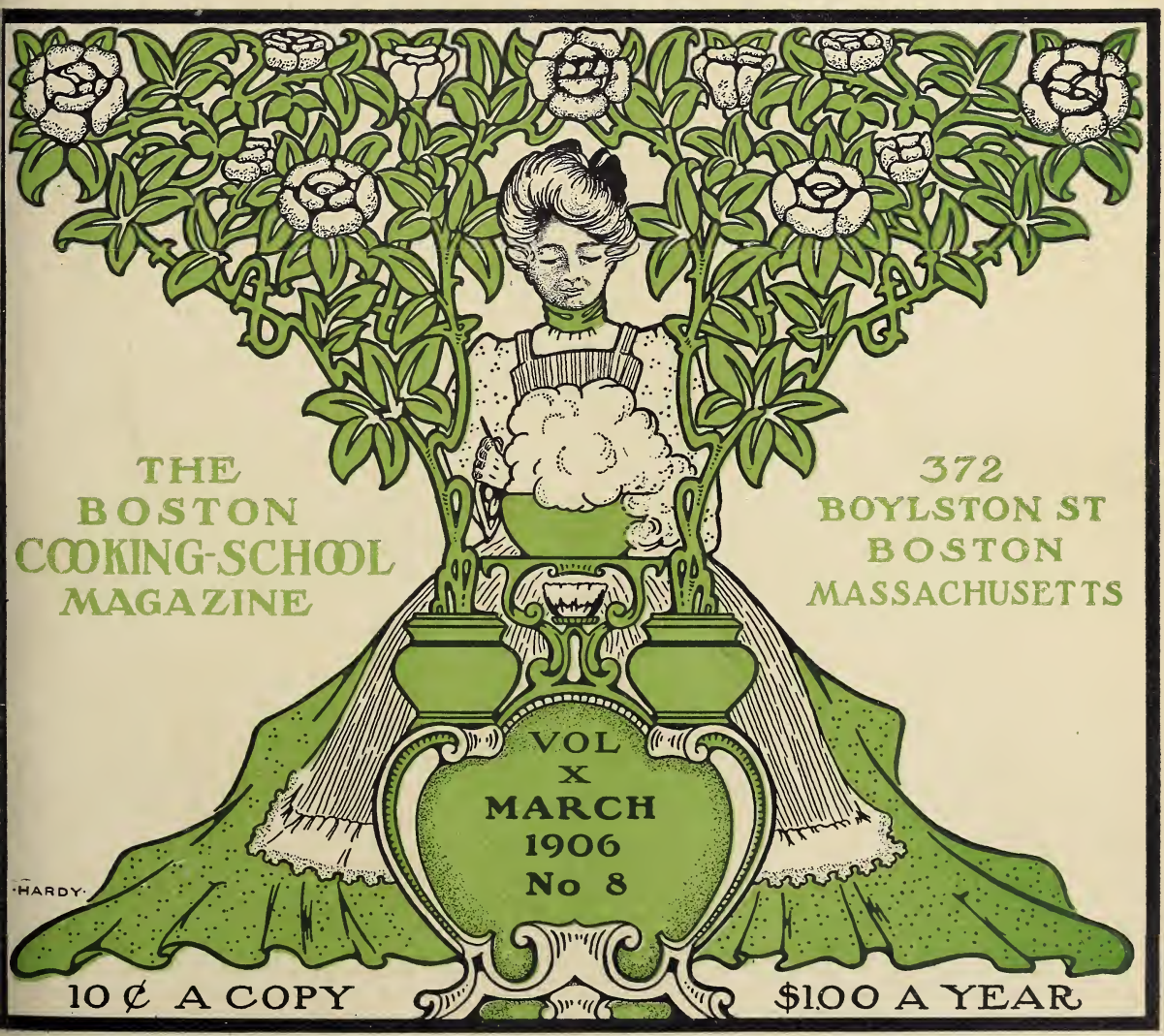
"Tasted it!"

"Oh, no, sir! Beg pardon, sir. I wouldn't think of doing such a thing, sir! I only just put my finger into it, sir!"

A French housewife does not throw away her broken dishes unless their condition is absolutely hopeless. She saves them until a mender of faience and porcelain comes to her door for work, and he repairs them.

THE BOSTON COOKING-SCHOOL MAGAZINE

·OF·CULINARY·SCIENCE·AND·
·DOMESTIC·ECONOMICS·





Wrapped in Our Factory—Opened in Your Kitchen.

This is the way you buy Squire's Arlington Sausage

IN one-pound packages, double-wrapped in parchment paper. They are never sold loose or in bulk, but each pound is carefully wrapped and sealed in the factory where the sausage are made, and it need not be opened until it reaches your kitchen. ¶ We wish you might visit our factory and see how scrupulously clean everything is, and how particular we are in selecting the materials that go into Arlington Sausage. You would see used none but the choicest, young fresh pork, the quality of which is vouched for by United States government inspectors constantly on duty at our factory; and for seasoning, only pure, fragrant herbs and spices. ¶ Arlington Sausage are in taste quite unlike the many *so-called* "farm" and "home-made" sausage. People who will not eat the *ordinary* sausage eat "Arlingtons" with keenest relish. Most first-class dealers in New England sell Squire's Arlington Sausage. If it should happen that your dealer does not, drop us a line, and we will give you the name of a dealer in your locality who does. Or, if you like, send us one dollar, and we will send you, express paid within five hundred miles of Boston, five one-pound packages of Arlington Sausage and a sample pail of Squire's Kettle-rendered Pure Leaf Lard. You might join with some neighbor in ordering this quantity.

JOHN P. SQUIRE & COMPANY, Boston, Mass.

H.B.H.Co.

Little Luncheons and Dinners for the Lenten Season

LUNCHEONS

I.

Clam Broth with Whipped Cream.
Eggs in Ramekins au Gratin.
French Rolls.
Turbans of Halibut, Lenten Style.
Cucumber Salad.
Diamonds of Potato with Peas.
Orange Sherbet in Orange Baskets.
Coffee.

II.

Fruit Cocktail in Glass Cups.
Cream-of-Spinach Soup.
Oyster Croquettes.
Cucumbers, French Dressing.
Salad Rolls.
Eggs and Mushrooms in Rice Border.
Maple Parfait.
Sponge Cake. Coffee.

III.

Caviare Canapés with Eggs.
Tomato Soup with Spaghetti.
Oyster Patties.
Fried Fillets of Halibut, Sauce Tartare.
Scalloped Potatoes.
Parker House Rolls.
Orange-and-Nut Salad. French Dressing.
Coffee Bavarian Cream. Coffee Jelly.
Cheese. Pulled Bread.
Coffee.

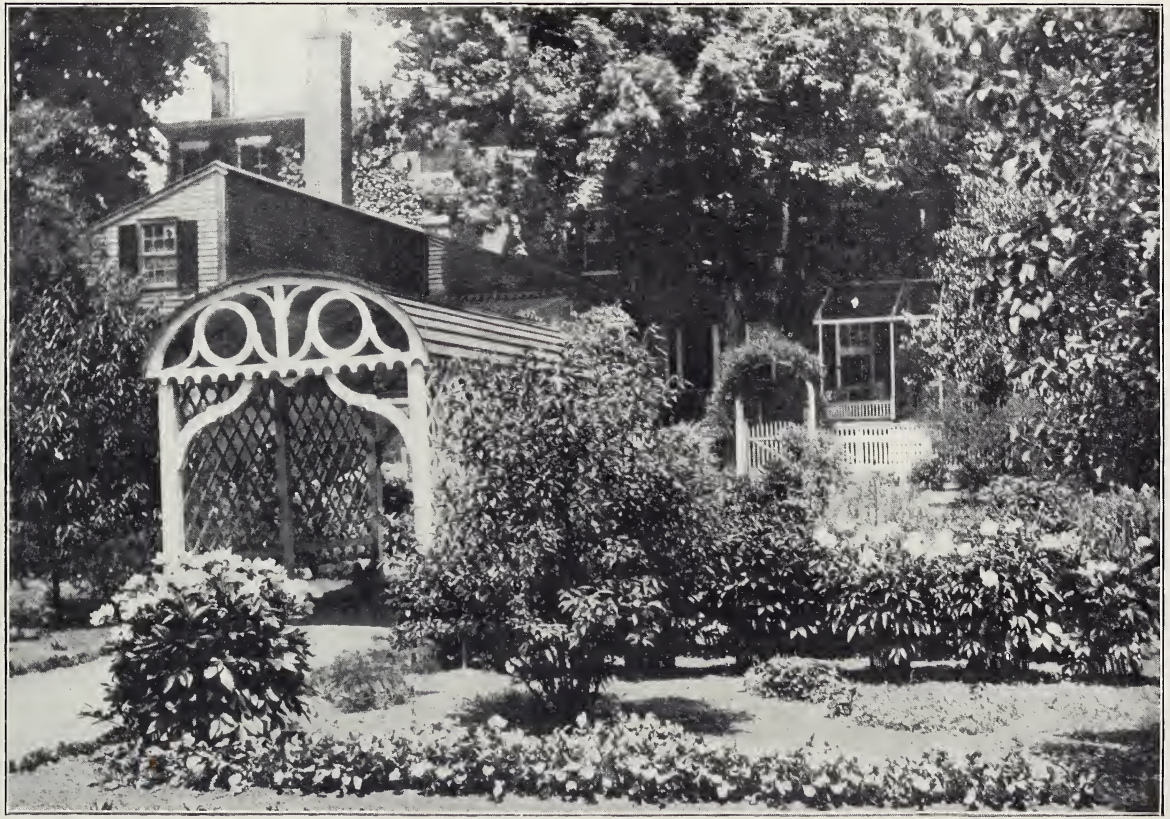
DINNERS

I.

Clam Bouillon. Bread Sticks.
Olives.
Salted Cashew Nuts.
Lobster Newburg in Ramekins.
Baked Shad. Shad Roe Croquettes.
Mashed Potato.
Spinach with Eggs.
Pineapple-and-Celery Salad.
Rice Parfait, Strawberry Preserves.
Oyster Crab Canapés.
Coffee.

II.

Orange-and-Strawberry Cocktail.
Tomato Bouillon. Olives.
Oyster Crabs in Swedish Timbale Cases.
Eggs Timbale, White Sauce with Peas.
Halibut Steaks Stuffed with Oysters,
Hollandaise Sauce.
Potato Croquettes. Rolls.
Mushrooms Cooked under Glass Bells.
Mayonnaise of Hot-house Tomatoes,
Poinsettia Style.
Pineapple Bombe Glacé.
Coffee.



SALTONSTALL GARDEN, SALEM, MASS.

The

Boston Cooking-School Magazine

Vol. X. MARCH No. 8.



The Old Cabot Garden where Tulips reigned Supreme

Salem's Old-fashioned Flower Gardens

By Mary H. Northend

AMONG Salem's chief attractions are her old-fashioned gardens founded by the merchant princes of the town more than one hundred years ago. The earliest among these were laid out by a professional horticulturist, one George Henssler, a native of Landau in Germany, who had served an apprenticeship in the gardens of the Prince of Orange at the Hague. Others continued his work under the auspices of Salem's wealthy merchants.

As a rule, the gardens of the Witch City cannot be seen by the passing tourist, for they are carefully hidden from view behind massive brick houses. Only here and there can a glimpse be caught of their exquisite colors.

Some of these gardens have disappeared. But others have been reconstructed on the primitive plans, and every summer artists come from different parts of the country to paint their beauties.



Mr. Daniel Low's Garden

The general scheme of these gardens is the same. There is the long, shaded central walk, bordered with box, leading to the arbor covered with grapevines, white clematis, or Dutchman's-pipe. In this "summer-house," as our ancestors quaintly termed it, Salem's grandmothers used to sit with needle and thread, knitting, or even with book in hand, through the long, quiet hours of still summer afternoons. On either side of the central walk are box-bordered beds filled with the many-colored flowers of each season,—tulips of every brilliant hue, single and double peonies, phlox, nasturtiums, the thick bushes of the fragrant syringa, tall hollyhocks swaying in the breeze, spotted tiger lilies, heliotrope, mignonette, and the quaint pink and white flower of the dielytra, from which Salem youngsters have made for generations rabbits, boats, and other fantastic figures.

In old Salem gardens the small, thorny, white Scotch rose can still be found, with the moss rose, the pink and white rose of York and Lancaster, and the bright yellow rose.

The former Saltonstall-Tuckerman garden on Chestnut Street, now the property of Mr. H. G. Brown, and kept practically as in former days by its present owner, contains row upon row of single and double peonies, leading to the central arbor, vine-covered, as in the olden time. Another handsome, Chestnut Street garden is that of the late Mrs. Hoffman. Its flowers are famous even in Salem, and can be seen in all their splendor from the street itself. Near-by Mr. Philip Little has most artistically carried out the old-fashioned garden plan with the picturesque addition of a lily-pond formed like the figure eight (8).

Then, if we walk a few steps to Essex Street, we find, not only the garden of Miss Susan Osgood, resplendent with flowers from early spring until late autumn, but also the old Cabot garden, owned for many years by the Hon. William C. Endicott, Secretary of War under President Cleveland's first ad-

ministration, and father of Mrs. Joseph Chamberlain. This garden is now the property of Mr. Daniel Low, and is even more beautiful than when, years ago, the Cabots imported, at great expense, from abroad countless bulbs of rare tulips, and held what are now called "garden parties" within its extensive limits. Its peonies are unequalled.

The garden of the old red brick mansion on Washington Square, where the late Mr. George Peabody lived, and which now belongs to the Salem Club, is unique in its beauty. Separated from the stable driveway by a wooden fence covered with scarlet runners, it displays a large expanse of green sward dotted with small beds, where bloom the appropriate flowers of each season. On either side of the garden and at each end is thick shrubbery, shutting out the neighboring street; while a gigantic tulip acts as a majestic guardian of the spot. Here for several years the Salem Club has given a June garden party, thus keeping up one of Salem's old-time traditions. This garden is now in the hands of Mr. Thomas Clarke, the club steward, who was formerly gardener on Mr. Gladstone's estate at Hawarden Castle in North Wales.

On Federal Street, behind the beautiful colonial mansion of the Nichols family, one enters under an arched driveway into a scene of delight. For a moment we are taken back into some Old World garden. The Nichols garden, with its flowers and trees, descends by easy terraces to what was once the water's edge, and is as far from the outer world as if it were in a wilderness.

Then on Summer Street we see the "botanist's garden." Its owner, a more than local authority on trees, flowers, and shrubs, has filled the beds with whatever was beautiful in the past and present.

And, again, on Federal Street is the "poet's garden." Here lived and died the quiet Salem poet whom Hawthorne praised, the recluse,—Jones Very. And here his sister, Miss Lydia A. Very (herself a poetess), brought from her long walks in the woods wild flowers, which she planted side by side with more conventional sisters.

There is on shady Dearborn Street in North Salem, a street well worth visiting in summer on account of its rural beauties, a garden where Hawthorne loved to go. And one can easily imagine him pacing its paths while medi-



Miss Susan Osgood's Garden

tating on his weird and wonderful stories. It belongs to Hawthorne's cousins, the Manning family, was started in 1822 by Mr. Richard Manning, and has been tenderly cared for up to the present day by his children.

In the gardens already enumerated, and in many others, one can still find the small old-fashioned flowers, dear to past generations. And from the early snowdrops and crocuses, the first messengers of spring's arrival, to late asters, many-colored, like the leaves of autumn, Salem's gardens flourish and charm the eye, as they did in the first days of our national life.

How many romances took place in these old-fashioned gardens? Who knows? The flowers, the shrubs, the sheltering trees, keep their secrets, and wisely nod their heads as if to say, "We could tell if we would."

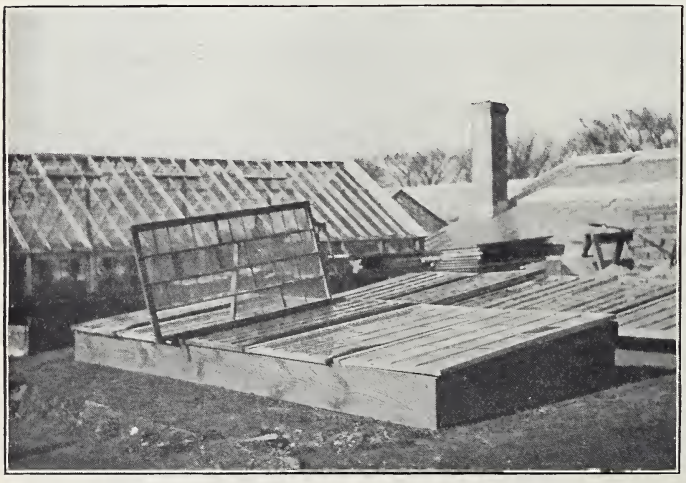
Making and Planting the Hot-bed

By C. B. Smith

WITH the aid of a hot-bed we can eat our own home-grown radishes and lettuce, onions and cress, before the last snows melt in spring. The tomato and cabbage plants needed later in the garden can also be grown in the hot-bed, ready for transplanting with the first settled days of spring. We gain about a month or six weeks in time by this simple device.

One does not have to be especially smart to make a hot-bed. Any one who can drive a nail and saw off a board can do it. The outside frame consists of one board 12 inches wide for the back, one board 8 inches wide for the front, and two boards 12 inches wide at one end, tapering to 8 inches wide at the other end, and 6 feet long.

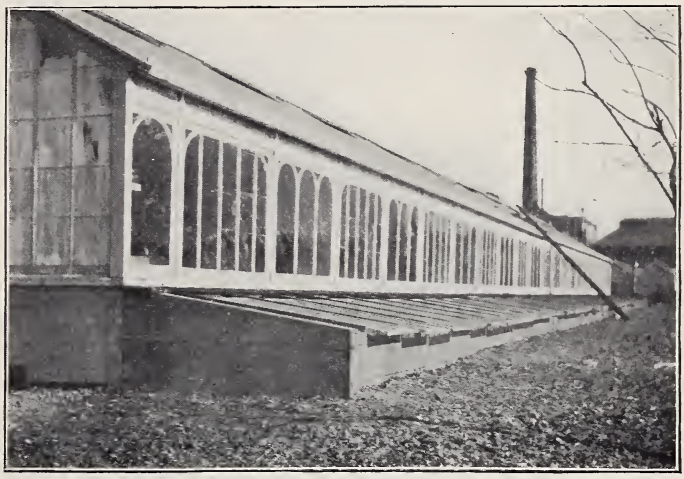
These boards are nailed together in the form of a box, and over the top glass sash are placed. These glass sash can be bought already made, with the glass in them, and this is the most convenient way to get them, when only a few are needed. They are usually 3 feet wide and 6 feet long. The length of the hot-bed frame, therefore, should be some multiple of 3, like 6, 9, or 12 feet, etc. A bed 12 feet long and 6 feet wide would require 4 sashes, and this size of bed is sufficient to raise all the early radishes and greens needed by a family of five.



Simple Hot-bed, showing Sash and Method of Construction

The heating material for the hot-bed is generally fresh horse

manure, mixed with about an equal bulk of straw bedding. When the fresh manure is put in a compact pile, it soons begins to ferment and heat, even in the coldest weather. When the pile begins to steam up well, it should be forked over, throwing the outer portions of the pile toward the centre and left to heat up again. Within a few days it will be good and hot, and ready to put into the hot-bed.



A Row of Hot-beds on South Side of a Greenhouse

The hot-bed itself is usually made, in the North, about the first of March, and correspondingly earlier farther south. First a sheltered nook is selected somewhere in the garden. The south side of a tight board fence or evergreen hedge or of buildings makes a good place. A hole running east and west is then dug 6 feet wide, as long as the frame made, and about 2 feet deep. This is then filled full of the fermented horse manure, prepared as described above.

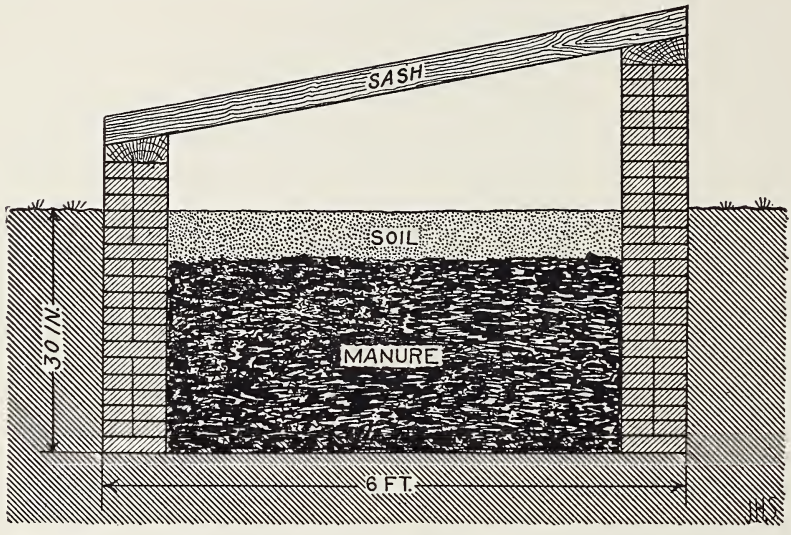
The manure should be well broken up, and put in the hole in layers and firmly packed down. Fill the hole level with the surface of the ground. Put the frame made over it. Cover the manure with about 5 inches of good soil, and put the glass sash on. The lowest side of the frame should be on the south side. The outside of the frame should be banked up clear to the top with strawy, horse manure, to keep out the cold.

After the soil has been put on, the whole bed should be thoroughly watered. The fermenting manure below will soon warm up the bed, but no seed should be planted until the weeds begin to grow, or until the temperature of the soil has fallen to about 80° F. The manure will furnish heat from four to six weeks, after which the sun shining through the glass will furnish enough heat to keep the plants growing.

After the soil in the bed has been raked smooth and fine, plant some early variety of radish, like Fresh Breakfast, in rows an inch deep and 6 inches apart. Make the rows run north and south. Lettuce should be planted about half an inch deep, in rows 8 inches apart. Grand Rapids is a good variety to grow in a hot-bed. Common garden cress may be sown thickly in drills 6 inches apart. Of carrots some of the small, half long varieties, like French Forcing, are best, sown about three-fourths of an inch deep, in rows 8 inches apart. Onions, cabbage, and tomato plants may also be thickly sown in rows, for transplanting later to the garden, as well as many flowering plants, like petunias, verbenas, and the like.

The greatest care will be needed in ventilating the hot-bed. On warm days the top end of the sash should be raised two or three inches, and, as spring approaches, more and more ventilation should be given, until finally the sash are removed entirely during

the day. During cold weather, on the other hand, it will frequently be necessary to cover the sash over night with old pieces of carpet or straw mattresses to keep out the cold. The hot-bed should never be watered except in the morning of bright sunshiny days. With a little care at the right time the gardener can enjoy all the vegetables of early spring at a time when his neighbors without hot-beds are buying their seed.



Cross-section of a Substantial Form of Hot-bed

Which is Best

By Lucia W. Eames

How short a time it seems since we
Have seen them pass together,—
Those two girls, ever arm in arm,
In fair or stormy weather!

Indeed, it seems but yesterday,
And yet years must have flown;
For into women, handsome, tall,
Both maidens now are grown.

The one, out in the noisy world,
Pursues a grand career;
And votaries of art go far
Her wondrous voice to hear.

Clear as the sound of limpid streams,
Sweet as the wood-bird's call,
Her tones upon the listening ear
Melodiously fall.

Fortune and fame and love of men
Before her feet low lie,
All that ambition proud could claim
Or seek to satisfy.

The other woman, gentle, sweet,
In quiet ways is seen;
And those who wish to hear *her* praise
Must go where want hath been.

To him who knows the healing touch
Of her slender little hand;
To the hungry fed, the naked clothed,
The stricken in the land.

The sick, the poor, the halt, the blind,
Those who in sorrow be,
All bless her for her daily life
Of patient ministry.

And I, who know them both so well,
I who have loved them long,
Fall oft to wondering which is best,—
The service or the song.

The Glory that Remaineth

By Kate Gannett Wells

AMONG the many blessings for which women may be thankful, that of the inherent, vital necessity for housekeeping should win their profoundest gratitude. In spite of its routine of work they can find in it large scope for perpetual variety of interest, and in the same hour can pass through amazing transitions of feeling,—from utter despair over heavy bread to pæans of victory over savings effected in household supplies. Such personal phases in housekeeping make it a psychological study, redeeming it from being considered as manual drudgery.

If we cannot definitely forecast the future, we at least can understand what housekeeping has meant by its holding of the world in couples; while the significance of the mud pies, daisy chains, and burdock toys of our childhood is best appreciated from the vantage-point of our older years. Until then we hardly know how blessed it is to have been obliged to keep house right along, for then we say:—

> "My heart finds neither peace nor rest.
> It longs for work: work is best."

When we are elderly, it is a delight to potter about our house or our rooms, mentally embracing our tables and chairs and wiping our china with dainty care just because they are ours. Then is it, too, that we have such a good time in the kitchen, planning what to do with the left-overs, trying new dishes, and gleefully saving a few cents here and there. We may or may not have a maid's help; but, if we do, the comradeship is most friendly. In either case we do much work with our own hands. Therein lies the pleasure of it. When we were young, we were in such a hurry to go to parties that we shirked housework. In middle life we grew so scientific about it that the zest of spontaneity was taken out of it, and we were still in a hurry to do something else,—a plea that endangers perfection. But by degrees we get to be sixty, seventy, eighty, when nobody asks us to dinner or lunch, when we can't see to read all the time, and we don't want to, if we could, and when we are too deaf to enjoy our club. Then is it that we turn to housekeeping with an avidity that makes this occupation a most companionable one. There is always something to get up for in the morning,—something that must be done, and by just ourselves. The necessity puts a spur on to the day, and rheumatism isn't half so bad when we are up and about. Then the dexterity with which we learn to make our knotted fingers still peel potatoes, darn stockings, and guide the carpet machine is a series of jolly surprises.

Even if we are crippled, we still can keep house. One of the best cook-books ever written was put together by its author when each recipe had to be compounded on a long tray placed on her bed. She supervised the mixing, and her cook did the baking. A woman is not nearly as old in her own house as she is in some one's else home. (Let your children live with you, but don't live with them, if you can contrive to exist independently, is a well-known truth.) There is lots of fun in economizing in one's own house, with one's own things, and in one's own way.

If one can't have a house, one can have an apartment, or, if not that, a room,—something inanimate over which one has control. Ownership is the element involved in housekeeping that makes it a lasting pleasure, though

there be ever so many "outs" about it. Delight in ownership grows with age. We like our mahogany secretary because it has been in our family for generations, yet there is something uncanny in knowing that things outlast ourselves. Moreover, as there is always something to do or to have done when we keep house, its activity keeps us young and agile. If housekeeping should mean only one room and a kerosene stove, still ownership and activity are connected with it. If I can't have even that, then I would make my bureau drawers and my trunk my housekeeping plant, and would always be rearranging them. They belong to me. That is something.

It is not the mere pride in possession that gives pleasure, but that such possession furnishes the capacity to create a home; and a home and woman should be inevitable accompaniments of each other. So close is the relationship that even boarding-house life cannot destroy it. One old lady whom I knew lost friends and money successively, yet she declared she could preserve the spirit of housekeeping alive in her heart just as long as she had enough means to keep a dish filled with barley candy on her table for her chance visitors; and she did. The spirit that animated her dies out in so many of us because we make such a fuss about trifles. We lack dignity in our treatment of ourselves. We are wretched because we are incompetent. We fret because we are jerky. We see why other women's husbands get tired of their wives, but we don't see why our particular husbands get tired with us.

We cannot help being mindful of the tiresome routine of much housework, of the futility of trying to make fifty cents go as far as five dollars, and of the ignorance that hinders accomplishment. To deny such facts is folly. But over and above them all is the glory of having some kind of a home rather than none, of being some sort of a housekeeper rather than none, of having something vital to do regularly rather than of floundering about in a semi-busy, needless activity.

The dwindling away of duties connected with housekeeping, as one after another leaves the home, is often a reason why it is given up, and refuge sought in hotels. Yet there is also a pleasure in lingering on where others have been, and where each room is so filled with invisible presences that continuance in housekeeping takes on a tender glory. With fresh courage one keeps at it just as long as a single being is left for whom the house can be kept; and, when all have left, there is still the house itself to care for and to hold as a shrine of memories. Still is there something to do which a woman can do best, while things, possessions, acquire a sanctity in themselves hardly realized when there were many persons in the home.

Perhaps Sidney Lanier thought of housekeeping when he wrote the lines

"The whole sweet round
Of littles that large life compound."

Blessed, then, be this companionship of things. Blessed be it that, as other enjoyments and charms pass away, there still remains the glory of housekeeping, great always when well done, but greatest when carried on amid sorrow and penury and in the solitude of old age. Blessed be it that the beauty of neatness and order are always imperative, and that wisdom in planning for every-day needs can become an intellectual pleasure.

Rachel Tremlin: Banquet Supervisor

A Story in Three Chapters

By Frances Campbell Sparhawk

Chapter II

"MISS TREMLIN," she said, "we are to have music. But the violinist has disappointed me at the last moment. Will you play for me to-night? I will compensate you well for it," she added hastily, seeing me hesitate.

"Music is my pleasure, not my profession, Mrs. Wind. If I consent to play for you, it will be as a favor only, not for money."

Her face cleared. "I hope you will consent, Miss Tremlin," she returned. "Do, please, say 'Yes.'"

"I'm hesitating, not because I don't want to oblige you, but because I am not at my best to-night, and am afraid I shall not play well."

A look of alarm crossed her face, but she subdued it instantly. "I'm sure you always play delightfully," she returned; "and I shall be greatly obliged to you. You will let me send for your violin?"

I consented.

I always wore pretty gowns at my work, and protected them. I hate dowdiness. That evening I was in white.

When my violin arrived, I clasped it as if it were my weapon, and walked into the drawing-room.

"In Signor Albari's unexpected absence Miss Tremlin has kindly consented to play for us," murmured Mrs. Wind. A few ladies bowed to me, and some of the gentlemen spoke. I neither bowed nor spoke, except in answer. Suddenly, a voice beside me said, "Introduce me to Miss Tremlin, please, Mrs. Wind."

"Mr. Frankland, Miss Tremlin," said Mrs. Wind.

As I looked up, the speaker's face brought Helen so before me that all our old nonsense about Nat Frankland rushed over me in a flood of recollection; and, as my eyes met his, so smiling, so full of amusement, it seemed to me, I wondered if she had ever said to him one-twentieth of the absurdity she had talked to me. The wonder came at the wrong moment. It flooded my face with crimson. I could not bend so low as to hide it. I had never been such a fool in my life before. I thought he knew why I blushed, and was secretly laughing at me.

"This is the person who made that delicious cream we had at dinner, you remember," said a low voice behind me,—Miss Long's.

I had myself in hand now. I stood turning over the music with the accompanist. Mr. Frankland was all that Helen had said of him. Thought, power, energy, were written on his face. One could not look at him without instinctively trusting him.

The accompanist sat discontentedly at the piano. It *was* trying to have to accompany one with whom she had never practised. But, on the other hand, I had to play her music, as she could do nothing with mine. I read music rapidly, however; and the rebound from my folly so braced me that I knew I should play well. But it availed me nothing. The pianist, either through incompetency or ill-will, or bribery,—I had seen Miss Long whispering to her,—accompanied me so badly as to make a muddle of the music. We tried several pieces, and things grew worse.

"She used to play fairly well," commented one, formerly my eloquent panegyrist.

"Cake-making must have stiffened her fingers," returned the listener in not too low a tone. Both laughed.

"I will try something alone," I said to my accompanist. She rose sulkily, and moved away. I knew they were all staring at me, and I was glad. I would do myself justice.

But I had not drawn the bow three times across the strings when I saw Mr. Frankland start. Miss Long and Maud Heritage, who stood beside him, talked in vain. His eyes were upon the violin: his ears were filled with the music. I had not played a dozen bars before he had made his way to me.

"I'm so fond of that, Miss Tremlin. Will you let me try to accompany you?" he said. "I know it so well, I think I shall not put you out."

We began the air again. For the half-hour we played together I was happy. How could I help it? Such a touch as he had, such power and sweetness as he brought from the instrument! We passed from one work to another without notes with scarcely a pause. Yet not for a moment did he forget that his was the part of accompanist, and must not be made of the greater prominence. I forgot him, myself, my audience, until I heard behind me the scornful whisper, "She means to keep him all the evening."

The violin drooped in my hands. "I'm tired," I said.

Mr. Frankland left the piano.

"I don't wonder," he cried. "Superb! What comprehension! What expression,—worthy of a master! And what technique for an amateur!" His face was flushed, his eyes were flashing. He, too, had forgotten place and audience in the music. In the applause that followed I withdrew.

At the drawing-room door I found Mr. Frankland. "I beg you will permit me to see you home, Miss Tremlin," he said.

"Oh, no, Mr. Frankland," I cried hastily. "Your hosts will not part with you yet."

"If that's all the difficulty"—he answered. And I watched him making his adieus.

On the way we talked of music and composers,—not a word of Helen. As he bade me good-night, "May I come and try the music with you again, Miss Tremlin?" he asked.

"Certainly, if you like, Mr. Frankland."

A round of entertainments followed Mr. Frankland's advent, and I was very busy supervising these.

It was at this time that one day Mrs. Hardy paid a visit to Miss Black, and took occasion to inform me privately that her husband had looked up the Blacks, and found them immensely wealthy people, and also to compliment me on my skill in drawing out Mr. Frankland—that great catch—to accompany me at Mrs. Wind's evening.

I asked Mr. Black if the rumor of his wealth were true.

"I confess, Miss Tremlin," he admitted reluctantly, "we are somewhat better off than I led you to believe. I'm sure you will pardon a deceit so harmless, which, after all, you see, turned out to our advantage. Business is business."

It *had* been to their advantage. I turned away disgusted. And neither uttered the faintest hint of paying what the service rendered them was really worth. To them a bargain was a bargain. I no longer played for Mr. Black. He did not ask it. My mother's talks with him were constrained. He had deceived us. The happy friendship was broken. After Mrs. Hardy's second visit, Mr. Black said to me with a smile, "I'm not the 'Black' she takes me for, but what matter?"

The week after Mrs. Wind's evening Mr. Frankland called with a roll of music to ask whether I could play with him an hour or so. It turned out "or so," for we were three hours at it. I'm sure he enjoyed himself. Might he come the next day? he asked as he was going. No; for I had a lunch and a dinner in charge. The following day, then? Why should I refuse? We both loved music. It was delight to render it with such an accompanist. Sometimes he played to me, and I listened enraptured. And, when I played, it was pleasant to see his eyes shine in appreciation.

Still no word of Helen!

He came the day set, and many others. And often when he was dined, flattered, and made much of while I was supervising behind the screen, we two had spent hours together that day in the glorious world of music. It was an ideal world, not a sentimental one. So the days went on.

It was on my return from an especially trying lunch that Miss Black came to me.

"Miss Tremlin," she began nervously, "I should like to speak to you."

Why should not Mr. and Miss Black go from our house to make a visit of indefinite length at Mrs. Hardy's? Why should we care for a confidence misplaced, a friendship broken,—we whose friendships of late had grown few? I responded briefly and indifferently, and the matter was over in two minutes. Indeed, I think she was surprised that I made so light of it. She did not guess that I had a cry in my own room at the loss of two friends in whom I had grown to believe. Mr. Frankland came in the midst of it, and I had to go down. I tried to hide my eyes at first, and the music soon set me right.

We were resting when he commented upon Mr. Black's fund of interesting information.

"Yes," I answered smiling, "too interesting to favor us any longer. They go away to-morrow."

"Have they as bad taste as that?" he asked looking at me with amusement. I laughed, and made a remark about the music. But he was not ready. "Helen came this morning," he said abruptly.

My lip trembled, tears rushed to my eyes. In holding them back, the color came to my face. "That must be delightful for you," I answered, summoning a smile and looking full at him.

"And isn't it good for you? I thought you knew Helen?"

"Oh, yes, we went to school together," I returned.

"That's not so long ago that you've forgotten it," he persisted. "You're not that kind. But, maybe, you think that, when a woman is married, she forgets everybody but her husband. You will not, although he will want you to." He uttered this last under his breath.

"It's not that," I answered, wishing he would change the subject. "But many things have changed."

He studied my face with that amused attention it was always hard not to meet and smile at. "This is it then," he said at last. "She is a widow. You are a banquet supervisor, isn't that what you call yourself? and that is just the difference between you. Have I found it now, Miss Tremlin?"

I looked up, furious. But my indignation died as I met his eyes. Amusement there was in them, but with it no pity, only gentleness, kindness; but I must have fancied all the rest I read there. I looked down again precipitately.

"Shall we play again?" I suggested.

"No, not quite yet, please," he returned. "Let us rest awhile longer. You are very tired."

"How do you know?" I broke in. "Do I play badly?"

He laughed. "You're too sharp,"

he retorted. "No, you don't play badly at all; but you talk badly."

"What!" I was angry this time. He *was* laughing at me. Yes, he certainly was, as I looked sternly at him. But there was that other light in his eyes I could not meet.

"You've overworked yourself," he went on. "That's the reason you have to rest from playing." I could not speak. The tears had come again. "Poor child!" he said. "I wish"—

A shadow fell across the window, and passed away again.

In an instant Mr. Frankland was playing with such brilliance that I was not aware the door-bell had rung until my maid announced "Miss Heritage and Miss Long." This was the sixth time we had been interrupted in our practice by some of the young women of my former set, who always came not to visit, but upon business, which, however, seemed trivial. As he heard the names, Mr. Frankland glanced up at me. His eyes were sparkling with fun.

"Naughty Miss Tremlin!" he whispered. "Your music always brings them. I should think you'd feel like the 'Pied Piper'!"

I went forward. But Mr. Frankland played on absorbed until the visitors had been ushered into the room. Then he sprang to his feet, and greeted them with dancing eyes and a charming smile. No doubt they felt that they had done him a service in releasing him from the thraldom of the violinist.

The three were talking gayly when the door-bell rang again. I heard a man's voice ask Mary if I were at home, and if Mr. Frankland were here.

"Hamlin," said Mr. Frankland to the two visitors, but watching me. "And there's my sister," he added, looking at a barouche drawn up at the gate, and this time speaking to me.

I stood motionless.

Mr. Frankland turned to the window again. "They're coming in," he said.

Miss Long and Maud Heritage bridled and smiled in preparation for the distinguished strangers. Mr. Hamlin, I learned later, was the brother's friend and the sister's successful suitor. My heart stood still as I waited.

Helen!

She came in with that graceful impetuosity, so familiar and so dear to me.

"How do you do, Mrs. Reginald?" I said, going forward, and holding out my hand.

(*To be continued.*)

March

By Judith Giddings

North wind and south wind,
Blow, breezes, blow!
Crocuses and daffodils
Pushing through the snow.

Wintry sun a-shining,
Robin redbreast gay,
East wind and west wind,
Isn't this the way?

Vegetarianism and the Professor

By Helen Campbell

IT was a Western man, Californian by birth, tall and straight and strong, after the manner of this generation of Californians, who smiled down from his height on the small Harvard professor, lost in the depths of his arm-chair, but from sheer astonishment struggling now to uprightness.

"A vegetarian! You? Impossible!"

"Not at all, Professor."

"But your size! Your strength! Stroke oar in three races! You are not to tell me that potatoes did it. It takes good beef, my boy. You're dreaming!"

"Rather a lengthy dream, sir." And the young Californian laughed a delightful laugh, mellow and deep. "There are seven of us, three other boys bigger than I am and the girls very near it, and all worth looking at, I assure you. My mother doesn't look much older than they, and my father, at sixty, seems forty or less and wrestles or golfs or rides with the rest of us, as big a boy as any, and as much in love with the mother as he was in the beginning and as we all are. He talks of exhibiting us all at the State Fair just as samples of what intelligent vegetarianism does for one."

"Intelligent," the professor repeated meditatively, as if that adjective were quite out of place.

"Precisely," the young Californian said. "It was not potatoes that did the work. There you are perfectly right. It was all the good things that the earth—California earth beyond all—holds for us, and my mother's wise and wonderful handling of it and of life. On the big fruit ranch where we were born, killing was unknown; and, when knowledge of it came later, our habits and beliefs were fixed ones. To you it is a fad, to us it was almost a religion. In fact, it is a phase of religion, and I preach its gospel when I get a chance."

"Preach it now," said the small professor. "I know nothing of it save as a fad. Of course, out West you are always ready for experiment."

"Hardly so much as this very New England and its hundred religions," the young man said, smiling. "The seed of all experiments went with us, for my mother's father was born within sight of the State House dome, and my father just a little beyond view of that shining fact. He went to California for his health,—to die, his friends said, for he had hemorrhages. But he has outlived most of the prophesiers, though, at first, in the East he went through the horrors of drinking warm blood from the newly killed animal at the abbatoir, and supposed meat nearly raw a condition of keeping alive. He was, in spite of it, almost a skeleton, just able to mount the horse on which he rode over most of the State for two years, gaining, in a short time, hour by hour. Almost in the beginning he came upon a little colony in Santa Rosa County, known as Edenites,—the first believers in uncooked food,—and stayed there for a little while, its head a man who had been in the last stages of consumption and been cured, he affirmed, by this diet and by open air. In any case he was perfectly well, and had a big prune ranch. My father did not take to this entirely, but he did find out the virtue in well-ripened wheat, and carried a little bag of it at his saddle-bow thereafter.

"The man had been a Trallite, a disciple of Dr. Trall, who had a water-cure hotel or institute on Laight Street in New York forty years and more ago, and fed his patients on milk, fruit,

grains, and vegetables, but allowed no sugar, spice, or salt, nor anything that held life, actually or potentially, eggs barred out for the last reason. All the cranks in Christendom, my father judged, had met there at one time or another, and compared notes or exchanged abuse. But, crank as Trall was, at some points, he was the true and legitimate successor of your own New England Dr. Sylvester Graham, for whom you named a flour, it seems, and who preached the gospel of saner food to a dyspeptic and bilious generation with great profit to all concerned. Rheumatism, dyspepsia, and all the diseases born of over-feeding and wrong-feeding were everywhere, and patent medicines taken by way of antidote as freely as food. Graham acquired a big following; and, in the mean time, Germany had begun a vegetarian movement, and opened water cures, grape cures, fruit and nut cures, etc. It was just then that old Professor Schlickheysen wrote a book on 'Fruit and Bread' as a diet sufficient for all mankind, and lived long to prove it. The book was translated presently by Dr. Holbrook, who was Dr. Trall's successor, but a more rational one.

"In the mean time my father had recovered perfectly, met my mother, and married her; and the pair had their wedding journey to Germany, and much talk with old Schlickheysen, himself hale and hearty on his bread and apples. Later they went over to England where vegetarian restaurants had been started, eleven in London in 1887. There were vegetarian clubs in many towns in England as well as Germany, and several vegetarian magazines also. Over here things moved more slowly, but the leaven was at work. Whole-wheat flour came in, and more and more use of fruit, as rational people saw its meaning; but there was small sense, as to salads and proper combinations, which allowed as formal a menu for the vegetarian table as the regular dinner-giver or diner-out demanded.

"But my mother, who went through this stage, and who can give you mock-duck from a stuffed-and-roasted egg-plant,—mighty good, too,—and mock all sorts of things, done croquette and cutlet fashion, put it to all of us one day: 'Why should we eat daily imitations of the food which we believe to be hurtful and unnecessary? I don't mean we are not to have them, but let us stop calling them the present names of mock steak, chops, roasts, and all that, and so do away with the last suggestion of meat?' My father shook his head. He was extremely proud of mother's skill, or, perhaps, I ought to say Ah Chung's, whom she had taught, and who still presides. It has always been an open house, with guests from all parts of the world; and father considered his table a sort of charmed entrance to vegetarianism, and had made many converts. But I noticed that mother's personal menu grew simpler and simpler. 'Nothing seems so good as this perfect bread and our delicious fruit,' she would say; and now for years she has been living on fruit and nuts and cereals in bread form generally. She is over fifty now, but you would never take her to be more than thirty-five.

"That's the personal side, sir. There is a general one. Many thousands of people all over the country have adopted vegetarianism in one form or another. New York and Chicago have several well-kept vegetarian restaurants, and other cities, also, in less degree. But the physical culture magazines, with an immense following, preach that gospel; and the Horace Fletcher system, even though he starts with 'Eat what you like so long as you reduce it in the mouth to a thin cream,' ends practically as vegetarianism, since in that system the craving for meat passes.

"One of the best-known dinner-givers

in Washington, the wife of Senator Henderson and author of a famous cook-book, has become vegetarian, but still gives delightful dinners, and has written a book about them and simpler life in general, called 'The Aristocracy of Health.' There are a lot of vegetarian cook-books. It's good form now to eat breakfast foods and fruit for the morning meal, and appendicitis has scared a great many into the fold. In short, sir, with no noise, no fun of any sort, a big movement is going on, and each day sees new converts. How do I know? Because I ask wherever I go, and also keep my eyes open, for I am making a little monograph about it all, and I write my mother everything I get hold of. Don't you think yourself, sir"—

The young man, who had long ago slipped into a chair near at hand, flushed a little as he met the half quizzical yet interested eyes of his hearer. "No, I won't ask you as I intended, but let me tell you my mother's faith. She believes this slowly coming change of thought as to bodily needs—the demand for pure food, pure water, pure air, perfect development for the human being at every turn, is the beginning of the new era, this twentieth century to hold a higher spiritual life, cleaner bodies, cleaner thoughts, a deeper sense of the brotherhood of man and the fatherhood of God than the earth has ever known. When I listen to her, I believe it also, and I seek it far as I can for all. But I don't intend to be a crank, sir."

"You are far from it," said the small professor, seriously. "You may tell your mother, boy, that I wish she would send us the rest of her sons. I shall think over what you have said, sir. I shall think over it."

The Economic Value of Domestic Science

By Elizabeth Condit

DOMESTIC science, or the household and its affairs, regarded from a scientific standpoint, is a modern conception. The home is one of the oldest institutions; but the regulation of its affairs has been left to develop under the control of experience and ideals derived from sentiment, not from intelligent scientific conceptions.

The new household economy, or domestic science, is taking the place, at least in the higher education of women, of the old haphazard training of the kitchen. The old methods and results are not disregarded, but tested and improved and brought into relation with technical scientific methods and results. Economy has always been striven for in the household, and experience has given the race many general working rules. Necessity has been a hard but successful teacher, notwithstanding the fact that "the destruction of the poor man is his poverty."

A washerwoman's family of four persons (herself and three children) live upon $5 a week. This sum must cover rent, food, fuel, and such clothing as is not given to them; and many families in New York live on much less. These people from actual experience know better than any student how to make the money cover all absolutely necessary expenses, and few domestic science graduates could tell them how to reduce the amount of money spent. Nevertheless, the domestic science student should be able to show them the most nutritious methods of preparing

the food bought, and how better to distribute and apportion many items. The practical domestic science student must, of all things, be a financial economist; and finance, in this respect, is more a matter of experience than of science. Nevertheless, even here social science has for the greatest stress of financial misery most valuable advice.

A society of social economists in Frankfort, Germany, for example, has found that a common cause, working toward the breaking up of the homes of the poor, is illness or confinement of the mother of the family.

When the father is sick, a provident or insurance fund pays a small stipend, which carries the family over the illness, or the mother earns enough for absolute necessities. When the mother is ill, the family life is entirely deranged. There is no one to cook the meals, to keep the rooms tidy, to take care of the children, and, as a consequence, the father goes from a comfortless home to the saloon for food and entertainment. Exceptional women have been able on recovery, or after return from the hospital, to reform both the home-life and the husband; but the danger is great that the home may be utterly broken up.

This Frankfort society, after studying these conditions, is trying to remedy them, by providing for such emergencies women who act as both nurses and housekeepers, taking the place of the sick and disabled mother. In this way it is found possible to protect the integrity of the home.

In our cities we have similar conditions, but not to so marked a degree. The failure of our working classes, better paid than in Germany, is to provide attractive homes. The girls work in a factory until they are married, and most of them neither know nor care anything about housework and home ideals.

It is here that domestic science discipline has a great mission. The cooking classes in our public and mission schools give the children some ideas about cooking, and, if rightly conducted, an interest in and respect for housework. In the poorer families the young girls are often obliged to take the mother's place, while she is absent or is occupied with the other children. These little housewives apply their knowledge in cooking the family meals, which become more wholesome, attractive, and nourishing; and with such food the father does not feel the need of a visit to the saloon to satisfy his hunger.

Without whiskey or beer he finds he can do better work; and the result is a happier home and a better citizen.

In Mr. Calkins's report of the investigation of the Committee of Fifty on a substitute for the saloon, he says:

But the saloon is not only a drink establishment: it has become a food depot as well. It satisfies daily, not only the thirst, but the hunger of thousands of people. The truth of this proposition is entirely independent of the vexed question of the nutritive qualities of alcohol. It is true that a hard drinker subsists on a minimum of food, which is readily supplied by the free lunch. It is also true that the food provided at home for the wage-earner is often of a quality which predisposes him for the taste of liquor. Those who have had the best opportunities for observing the conditions of living of the poorer classes are unanimous in their belief that men whose wives are intelligent and capable women are much less apt to frequent the saloon. Wholesome and tasteful food at home will do more to promote temperance among wage-earners than any number of tea-saloons or coffee-houses. But the poor working-women know little or nothing about cooking. Fried food and strong coffee form the bulk of a workingman's diet. These cause

indigestion, and foster a thirst for stimulants, which the saloon readily supplies. At the beginning this must be a work of education. Fortunately, the materials for popular instruction upon the most nutritive and wholesome food products and the best methods of preparing them are already at hand. The United States government is interesting itself in the question of the diet of the people. Private philanthropy has been busy with its investigations, its cooking classes, and its model kitchens. . . .

Church settlements and all other benevolent agencies can do no more radical and fundamental work toward the solution of the temperance problem than by promoting scientific instruction upon the selection and proper preparation of food for the wage-earner.

The only practical method which has been thus far suggested for improving the *cuisine* and raising the ideal of the home of the great mass of the people is the introduction of domestic science instruction into the regular curriculum of our public schools. To quote again from the investigations of the Committee of Fifty:—

Upon the strength of character of the woman depends the atmosphere of the home. One argues that the man must be educated to be able to take his part in the practical affairs of life; but there is nothing more practical than the duties of a home, nothing requiring more forcibly clear judgment and insight, the resources of a trained mind and hand, and the ennobling influence of high ideals. It is said, "What can one expect of a man when his home is what it is?" It is equally just to say, "What can one expect of a woman when her resources are what they are?"

The teacher of domestic science must give an available ideal of a home to her students through the cookery, laundry, and waitress classes and home economic work.

In so many of the tenement districts the family never sits down to the table to eat. Bread, coffee, etc., are at all times convenient, and each member takes a bite when it pleases him. The

(*Continued on page* xvi.)

Lessons in Cookery and Food Economy

By Mary D. Chambers

Lesson V

Flour Mixtures (*Continued*)

I

Study of Leavens, continued: Soda and Acid

MUFFINS. No. 1

A thick batter made of flour, salt, and milk. Baking soda alone used as leaven in the proportion of one teaspoonful to a pint of milk. Melted butter added last thing, one tablespoonful to a cup of flour.

MUFFINS. No. 2

Same as foregoing, substituting sour milk, just nicely loppered, for sweet.

MUFFINS. No. 3

Same as No. 2, with the addition of baking-powder, same amount as soda.

Compare all three with a standard muffin in which baking-powder was used as a leaven.

NOTE.—Students who have studied the carbonates in General Chemistry will more intelligently appreciate the effect of the soda in the examples given in this lesson. For the guidance of teachers directing the observations of their students the results may be briefly outlined as follows:

In muffins No. 1 the baking soda, chemically known as hydrogen sodium carbonate, $HNaCO_3$, is decomposed by heat, yielding sodium carbonate, water, and carbon dioxide, as represented by the following equation: $2\ HNaCO_3 + \text{heat} = NaCO_3 + H_2O + CO_2$. The muffin is fairly light, but yellow, owing to the action of the alkaline carbonate on the carbohydrates of the flour. An unpleasant taste and odor are also developed, due to the action of the carbonate on the proteids of the flour. This, however, demands a knowledge of organic chemistry for proper appreciation of the changes taking place. Only an elementary study of physiology, however, is required to infer that the presence of the carbonate remaining in the dough may interfere with gastric digestion.

In muffins No. 2 the baking soda has been decomposed by the lactic acid of the milk, with evolution of carbon dioxide and formation of sodium lactate,—a comparatively harmless residue in the dough. On comparison with the "standard" biscuit, a slight "yellowing" of the interior will be noticed, and the muffin will have risen very little, if any, over No. 1.

In No. 3, where the evolution of gas from the decomposition of the soda by lactic acid has been further increased by the baking-powder, the muffin should have risen higher than any, but will still show a slightly yellow tint.

The old-fashioned saleratus, or hydrogen potassium carbonate, had a weaker action than baking soda. Hence one teaspoonful of soda to a pint of sour milk (the proportion given in our grandmother's recipe books where saleratus was used) is found to be in excess. About one-sixth of the soda remains unacted upon by the acid, causing a slight discoloration, similar to that which took place in muffins No. 1.

The fermentation of lactose in milk gives rise to the formation of less than one per cent. of lactic acid, just enough to cause a "jellying" of the casein, similar in appearance to that produced by rennet. So small an amount of acid does not cause a sufficient evolution of CO_2. Hence the soda has to be helped out by a little baking-powder. The quantity of the latter added in muffins No. 3 appears to be slightly in excess, as shown by the greater height to which the mixture rose. Probably three-fourths as much baking-powder as soda would be more nearly exact. Of course, when the souring of milk is allowed to proceed, the other organic acids formed justify the addition of an extra amount of soda. The quantity may be determined by adding soda by degrees, in definite quantities, to a given sample of the milk, and testing with litmus after each addition. This is the modern substitute for the unfailing method of our grandmothers, who added their saleratus, in case of uncertainty, to the milk "according to their judgment," and could infallibly discern, upon tasting, whether the amount added was sufficient.

In foregoing work the soda is very carefully and thoroughly blended with a small quantity of the flour, rubbing together until perfectly smooth. This quantity is then sifted into remainder of flour, thus avoiding the loss of CO_2, when, in the usual fashion, the soda is stirred into the sour wetting.

Further Experiments with Soda

Place in each of two beakers one gram of soda. Add "nicely loppered"

milk to first beaker until blue litmus is no longer reddened. Add to second beaker an equal volume of dark Porto Rico molasses. Stir, and place both beakers over very gentle heat. Make a rough estimate of the amount of acid in molasses, relatively, to the amount in sour milk.

Practical Applications

Boston Brown Bread.

Make a thick batter, using equal parts of corn-meal, rye-meal, and Graham flour. Wetting, equal parts of molasses and sour milk. Leaven, soda + three-fourths as much baking-powder. Steam one hour for every cup, or fraction of a cup, of dry material used.

Students are required to estimate amount of soda necessary.

Vinegar Cake

To one cup of water add three tablespoonfuls of cider vinegar. Use one-fourth of this mixture as wetting for a cake batter. Estimate, by any preferred method, amount of soda needed. Commercial vinegar contains from 6–8 per cent. of acetic acid.

Soft Molasses Gingerbread

Make a thick batter, using four tablespoonfuls of butter to a cup of flour, and from one to two tablespoonfuls of ground ginger to a cup of flour. Wetting, three parts of molasses to one of water.

Problem, to determine the quantity of leaven.

Study of Baking-powders

Each student is required to make one ounce of each of three kinds of baking-powder, using tartaric acid, acid phosphate, and cream of tartar, in combination with baking soda to liberate the gas. From the formula of the different salts the student is required to estimate the weight of each required,—a comparatively simple problem for even the beginner in chemistry. A general direction is given to mix about 20 per cent. of starch with each baking-powder. The student is required to complete the reactions, and to estimate the weight of CO_2 and of residue in each case.

Formulas: Tartaric Acid, $H_2C_4H_4O_6$; Acid Phosphate (monocalcic phosphate), $CaH_4(PO_4)_2$; Cream of Tartar (potassium bitartrate), $KHC_4H_4O_6$.

It will be observed that the by-product in the first case is a tartrate; in the second, two kinds of phosphate; in the third, a double salt, potassium sodium tartrate, or Rochelle salts. Like the lactates and acetates, the tartrates are not especially harmful to the system. It is claimed that the phosphates are beneficial, but the fact that their assimilation in this case, being in inorganic form, is doubtful, renders the assertion questionable. The Rochelle salts are looked on with disfavor.

Each student is required to make three simple mixtures, either three plain batters or three doughs, to ascertain the action of the different baking-powders, as well as to test the conditions under which gas is given off in each case by mixing the baking-powders with cold water in test tubes, and, after the initial evolution of gas, applying heat.

It will be found that the cream of tartar powder alone is not readily decomposed by cold water on account of its difficult solubility. This is an advantage in slow processes or for class work.

Note.—The amount of each baking-powder to be used can be calculated on the estimate that 475 grams of CO_2 are needed to raise 1 pound of flour.

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THE BEST IN LIFE

WE want the best of everything in life. In art, in literature, and in science our desire should be to cultivate the best. As to things of low or high degree, no other criterion will suffice. We are seeking the light. "Man's career has been a constant movement forward," else there is no object in living. Perfectability is the inspiring motive of all activity. Even in matters that often seem ordinary and commonplace, as the cultivation of the soil, the care of our houses, the preparation of food, we are striving ever for improvement. The incentive to all scientific research and achievement has ever been to simplify and improve the ways of life, to add to the comfort and welfare of man. The things of the present day are the natural outgrowth of all the past.

None other than the best attainable, then, should be our guiding principle in the conduct of life. In the home and its environments, in social and civic affairs, we want to enjoy the latest methods and the best appliances the times have produced. And this is the obvious meaning of the term "civilization;" namely, to put the choicest fruits of man's past experience and efforts within the reach of all the race.

SUNDAY READING

AMONG the most instructive as well as the most interesting periodicals of the day are the high-class religious weeklies. These papers are well conducted and ably edited, and they deal with social and ethical questions that are of more than passing interest. In brief, they are safe to have in the home; for they discuss subjects wide in range and of a character fitted to incite thought on the part of the reader, which is the prime object to be sought in all profitable reading.

It is now generally conceded that the Sunday newspaper has come to stay. This edition of our leading dailies certainly holds reading matter enough, and strange, indeed, if some of this were not of undoubted value and merit. But what can be said in favor of the colored supplements to the Sunday papers? Can excuse be made for this curious anomaly, this gorgeous display of comic journalism and bad art?

In the *Printing Art* for February is a timely article on the Atrocities of Colored Supplements, by Lindsay Swift. A goodly portion of this paper we venture to give below, since the subject is one that ought everywhere to concern home life:—

"Who has not watched of a pleasant Sunday morning in some country village or watering-place the arrival of the train

or boat bearing these fell messengers of a crude civilization? A crowd listlessly awaits their appearance, and, when they come, the crowd becomes a mob for their possession. There is distinct preference for the hideous yellow, red, green, and blue splotches which form the prevailing 'color-schemes' of these corrupting sheets. Long before a merciful twilight comes with its effacing touch the sidewalks, the piazzas, the rustic seats, are strewn with these diseased windfalls of the press. It is impossible to describe the vulgarity and insanity of their drawing and coloring; and it cannot be that the editors, who must be men of some ability, however devoid of scruples, approve of their own mischievous work. Even the newest of the rich display some personal taste in their belongings and adornments, and even editors may have artistic consciences. Their answer to criticism against their methods invariably is: The public will and, therefore, must have what it wants. I am not so sure about that. The public visits beautiful museums and libraries, and seems to enjoy them. It goes to churches where good music may be heard; it will support a decent play, and condemn a nasty one. But it can be debauched, and can have its dawning sensibilities for art or anything else that is worth while blighted, and there is no debauchery or blight outside the domain of obvious immorality more deadening to the public than this continually thrusting everything that is sordid, vulgar, and belittling before its uncultured but curious eyes.

"The leading motive of most of these humorous illustrations is the practical joke,—a theme which in literature, as everybody of the simplest knowledge understands, died a natural and deserved death at the end of the eighteenth century. No more in books are we expected to laugh over the ducking of parsons in horse-ponds or other bucolic and heavy modes of enjoyment. But there is a strange recrudescence to-day in our comic illustrations of the making merry over the mistakes of another. Yokels now, as one hundred and fifty years ago, are to be amused at the butting of elderly frames by the horns of the polemic goat. Mules are perpetually warring on the corporeal welfare of the unwary. Policemen are defacing the features of innocent citizens. The negro, the Irishman, the Jew, are presented, not with that fair sense of fun which needs offend no race or person, but with a cynical distortion of ethnic characteristics.

"The pencil of our humorist is most malign in its delineations of children. Their young faces, with prolonged upper lips, upturned noses, and otherwise misshapen features, give them the appearance of aborted monsters fit only for the specimen bottles of a medical museum. The speech put into their sorry mouths is all of a piece with the drawing,—some curious argot supposed to be peculiar to the streets of New York, but unintelligible even to the intelligence of the facile Chimmie Fadden.

"It would be useless to continue the catalogue of artistic abominations which the Sunday artists pour forth. It is enough to say that they are the unfunniest pictures ever conceived by the mind of man. The sin of those who make them is the greater because they do show a certain sort of skill, perverted, unprogressive, and mediocre though it be. Like punsters and parodists, they grow more and more insensible to their own sins the more they commit them.

"It would not be so bad if these wretched perversions of so innocent and helpful a relish to life as the comic reached only persons of mature life. Even readers whose time is so valueless that they can afford to waste more than a glance at a Sunday paper must realize how worthless pictures of this

sort really are. It is the children who suffer, for they absorb unconsciously the unsavory quality of such efforts to amuse, and are thus the involuntary victims of voluntary and responsible corruptionists. At a time when this country is seriously trying to implant a knowledge of and stimulate a taste for better things, artistic and æsthetic, through exhibitions in museums, libraries, and even in Sunday-schools, it is not a little disheartening to realize that every step in this direction gets a weekly set-back through these colored atrocities.

"The child of sensible parents will not see or know about them, but the child of the street, the child of the indifferent household, will warm to them like a cat to the back of the stove. There are certain negative results at least that parents have a right to expect from every educative force that is brought to bear on their children: that these children shall not be deliberately taught disrespect for old age or for physical infirmities and deformities; that they shall not learn to cherish contempt for other races or religions than their own; that they shall not take satisfaction in the tormenting of animals or weaklings. In short, that they shall not acquire an habitually cynical and unsportsmanlike attitude of mind. A morbid gloating over the deficiencies and humiliations of our neighbors is pretty sure to develop vulgarity and a lax moral fibre in ourselves; for vulgarity of mind and manners seems to me to be primarily a lack of restraint in thought, feeling, and expression regarding those tendencies which every civilized man and race is striving to modify or to conquer.

"We are the most humorous, if not the wittiest, people on the earth; and yet we maintain the colored Sunday supplements, while other nations, the quality of whose humor as displayed in art is incomparably better than ours, get along very comfortably without them."

I think that the heroism which at this day would make on us the impression of Epaminondas and Phocion would be that of a domestic conqueror. He who shall bravely and gracefully subdue this Gorgon of convention and fashion and show men how to lead a clean, handsome, and heroic life amid the beggarly elements of our cities and villages! Whoso shall teach me how to eat my meat and take my repose, and deal with men without any shame following, will restore the life of man to splendor, and make his own name dear to all history.—*Emerson.*

"Man is a land animal, and to deprive the many of the right to till the soil is like depriving fishes of the right to swim in the sea. You force fish into a net, and they cease to thrive: you entrap men, through economic necessity, in cities and allow a few to control the land, and you perpetuate ignorance and crime. And eventually you breed a race of beings who take no joy in Nature, never having gotten acquainted with her. The problem is not one of religion, but of common sense in economics. Back to the land!"—*Mary Wollstonecraft.*

Choice in color corresponds to the degree of sensitiveness and education possessed by the eye. The barbarian and the infant seize only the most striking notes in the color gamut. But as age, training, or civilization, advances, the individual appreciates the semi-tones, the quarter-tones, perhaps even the finer divisions of the chromatic scale.—*The Craftsman.*

"If children are to be educated to understand the true principle of patriotism, their mother should be a patriot; and the love of mankind, from which an orderly train of virtues springs, can only be produced by considering the moral and civil interest of the race."



Child's Birthday Cake

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Caviare Canapés with Eggs (Cold Savory)

Have ready half as many hard-cooked eggs and as many rounds of toast as covers at table. Spread the toast with butter, and then, very lightly, with caviare seasoned with a few drops of lemon juice. Trim off both ends of the eggs (that they may stand level), and cut each in halves, crosswise, then carefully remove all of the yolk. Pound the yolks with an equal measure of butter, and season with paprika and salt, if needed. Set half an egg on each round of toast, fill the open space with caviare, and pipe the yolk and butter over the caviare and on the edge of the white. Serve at the beginning of dinner, in the place of oysters or clams.

Oyster Crab Canapés (Hot Savory)

Chop fine a small, mild onion. Let cook in three tablespoonfuls of butter very slowly, until softened and slightly yellow, then add six fresh mushrooms, peeled and chopped fine. Let cook until the moisture has evaporated, then add one cup of oyster crabs and a cup of cream sauce, and stir until the boiling-point is reached. Let sim-

mer two or three minutes, then stir in salt and pepper, as needed, and the beaten yolks of two eggs. Cook until



Turbans of Halibut, Lenten Style

the yolks are "set." Have ready small rounds cut from English muffins and toasted. Spread a little of the crab preparation on each. Cover with cracker crumbs, and set into the oven, to become very hot, and brown the crumbs.

Cream of Spinach Soup

(To serve Six or Eight)

Boil two quarts of thoroughly washed spinach in nearly a quart of salted water about thirty minutes. Drain, chop very fine, and press through a very fine purée sieve. Melt one-fourth a cup of butter. Cook in it one-third



Mushrooms and Slices of Eggs in Rice Border

a cup of flour and a teaspoonful of salt. Then add one pint of white stock or milk, and stir until boiling. Add the prepared spinach, three cups of broth or milk, and, lastly, one cup of cream, and additional seasoning, as needed.

Black Bean Soup

Let a pint of beans soak over night. Wash through several waters, and put over the fire with one-fourth a pound of salt pork, a red pepper pod (or several small chili peppers), two or three sprigs of parsley, a small onion with three or four cloves pressed into it, half a carrot, and two quarts of water. Heat to the boiling-point. Skim, then cover, and let simmer two hours. Then remove the vegetables and pork, and press the beans through a sieve. Let boil again, adding water or broth, as needed, to secure a suitable consistency. Skim again, then beat in one-fourth a cup of butter in bits, and add salt, as needed. Serve with croutons made of squares of stale bread, spread with butter, and browned in the oven.

Tomato Soup with Spaghetti

To one quart of beef or lamb broth add one pint of tomatoes, pressed through a sieve fine enough to keep back the seeds, a teaspoonful of sugar, and salt to season. Then put over the fire to boil. Have ready four ounces of spaghetti, boiled fifteen minutes in rapidly boiling, salted water, then drained and rinsed in cold water. Spread on a cloth to dry, and cut in inch lengths. Put the spaghetti in the soup. Let cook ten minutes, then skim and serve. Pass with the soup grated Parmesan cheese, on a plate,

that those who wish may add a spoonful to their plate of soup. Or cut milk rolls (yeast) in slices. Toast these, then spread one side with butter, and sprinkle over the butter Parmesan cheese and paprika. Set the slices into a hot oven to melt (not brown) the cheese, then pass at once on a plate covered with a napkin.



Chayotes

Turbans of Halibut, Lenten Style

Any white fish from which fillets about four inches in length may be taken can be used for this dish. For the dish shown in the illustration, chicken halibut cut in slices half an inch thick was used. When the skin and bone were removed from a slice, four fillets were formed. Put the trimmings of the fish over the fire with a few slices of onion and carrot, a sprig of parsley, and a small bit of bay leaf, cover with cold water, and let simmer for an hour or more, while a fish *farce*, or stuffing, is being made. Bring one pint of oysters to the boiling-point in their own liquor, and add the liquor to the fish trimmings with the hard part of the oysters. Pound the soft part of the oysters to a smooth consistency, then press it through a purée sieve. Reserve one-half of this purée to add to the sauce. With three slices of fish there will be twelve fillets. Of these take the two poorest in shape, and pound them in a mortar. Add the whites of two eggs, and pound again. Add three tablespoonfuls of butter, and continue pounding until a smooth paste is formed. Then add one-half the oyster purée, a generous half a teaspoonful of salt, and paprika to taste; and, when all are evenly blended by pounding, press through a purée sieve. Into this fold one-third a cup of whipped cream and a truffle chopped fine. Dip the fillets in melted butter. Sprinkle them with salt, and spread a little of the forcemeat over one side. Commencing at the broad end, roll the fillets. Run a wooden toothpick, dipped in melted butter, through each, to hold it in shape, and set in a buttered dish. Pour a little of the fish stock over the fillets, and let cook about twenty minutes, basting three times with melted butter or the liquid in the pan. Have ready mashed potato,



Chayote, Andalouse

shaped in a concave border mould. (Add two or three beaten yolks of egg to the potato, and let stand in the oven ten or fifteen minutes before

unmoulding.) Set the turbans on the potato. Pour Marguéry sauce over the whole. Sprinkle the sauce



Halves of Chayote, Stuffed

with chopped truffles, and serve at once.

Marguéry Sauce

Melt one-fourth a cup of butter. In this cook one-fourth a cup of flour, half a teaspoonful of salt, and a dash of paprika. Then stir in half a cup of cream and one cup and a half of fish stock. Stir until boiling, then beat in the yolks of two eggs, beaten and mixed with one-fourth a cup of cream and the oyster purée. Add more seasoning, if needed.

Eggs and Mushrooms in Rice Border

Have ready six "hard-cooked" eggs and a dozen or more fresh mushrooms sautéd in butter (a can of mushrooms may be used instead of the fresh ones). Cut the eggs in slices, and let the mushrooms simmer about fifteen minutes in a pint of tomato sauce. Blanch one cup of rice. Add a teaspoonful of salt. Then cook until tender in two cups of tomato purée and two cups of stock or hot water. Add one-fourth a cup of butter and one cup or less of grated cheese. Mix together evenly, and, when the mixture is of firm consistency, turn it into a border mould. Let stand in the oven five or six minutes. Then turn from the mould onto a serving-dish. Put the eggs and mushrooms with a little of the sauce in the centre, and the rest of the sauce around the mould. A chopped green or red pepper may be cooked with the rice.

Eggs in Ramekins au Gratin

Have ready some "hard-cooked" eggs. Cover these with cold water. After ten minutes remove the shells, and cut the eggs in slices, and these in quarters. For each six eggs prepare a cup of sauce; *i.e.*, melt two tablespoonfuls of butter, cook in it two and one-half tablespoonfuls of flour, one-fourth a teaspoonful of salt, and a dash of pepper, When frothy, add half a cup, each, of cream and chicken broth, or cream and tomato purée, or one cup of milk. Stir until the boiling-point is reached. Then let simmer two or three minutes, and carefully stir in the prepared egg. Turn the mixture into buttered ramekins, and sprinkle quite heavily with grated cheese,—Parmesan preferred,



Rice with Apples and Meringue. See page 386

but any cheese may be used. Then cover with one cup of cracker crumbs, mixed with one-fourth a cup of melted butter. Set into a hot oven to remain until the eggs are browned. Mushrooms or truffles, cut in pieces or slices or chopped fine, may be used with the eggs. Serve for luncheon or supper.



Rice, shaped in Individual Charlotte Russe Moulds, with Preserves

Chayote, Andalouse

Cut the chayote (see "Breakfast Chat" and article on "The Chayote"), in halves, take out the seed, and remove the skin. Cook in boiling, salted water about an hour and a half, or until nearly tender. Drain, and put into a sauce-pan. Add bits of butter, salt, pepper, and chicken stock, and let simmer half an hour. Drain again and remove a small piece from the centres. Fill the cavities with stewed tomatoes, and serve tomato sauce around them.

Stuffed Chayotes

Prepare the chayote as above. Stuff the halves with Duxelle, and sprinkle with buttered crumbs. Bake fifteen minutes, and serve with brown sauce, to which meat glaze has been added and tomato sauce.

Chayotes Sauté

Cut the prepared halves of chayote into slices. Season with salt and pepper, and sauté ten minutes in butter.

Chayotes Baked in Cream Sauce

Have ready a buttered *au gratin* dish. Put in a layer of cooked chayote, cut in thin slices, and season with salt, pepper, and nutmeg, if desired. Cover with cream sauce, then add another layer of chayote and more sauce. Sprinkle with grated cheese, then with fresh bread crumbs mixed with softened butter. Let stand in a hot oven about ten minutes, to brown the crumbs.



Apples, Lexington Style, with Slices of Preserved Quince
See page 387

Chayote Salad

"After being well cooked, they should then be allowed to cool off for making

a salad, after which they should be split in four equal pieces from the top, and then sliced to a thickness of, say,



Orange Sherbet in Orange Shell and Crêpe Paper Case

one-quarter of an inch; and, when placed in a serving-dish on a large leaf of lettuce with mayonnaise dressing (or any sort of a French dressing), they make as fine a dish of salad as I have ever tasted." (As prepared at the Bellevue-Stratford Hotel in Philadelphia, Pa.)

Rice with Apples and Meringue

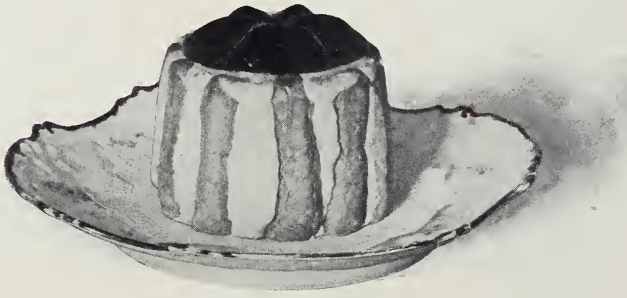
Put three-fourths a cup of rice over the fire in a quart or more of cold water, and stir while heating quickly to the boiling-point. Let boil five minutes. Then drain on a sieve, rinsing with cold water. Return to the fire in a double boiler. Add to the rice three cups of milk and a scant teaspoonful of salt. Cover, and let cook until the rice is tender, adding more milk or water, if needed. Beat the yolks of two or three eggs. Add a grating of orange or lemon rind, one-fourth a cup of sugar, and one-fourth a cup of butter. Mix thoroughly. Then stir into the rice. Have ready a concave border mould, thoroughly buttered and dredged with sugar. Turn the rice into the mould. Set the mould in a pan on several folds of paper. Surround it with boiling water, and let cook in the oven fifteen or twenty minutes. In the mean time core and pare eight apples. Rub these with an orange or lemon, cut in halves, and set to cook, a few at a time, in a syrup made of a cup and a half, each, of sugar and water. Watch the apples closely, turning often to keep them whole. When tender, fill the apples with jelly or preserves, and pipe meringue on the top. Dredge the whole with granulated sugar, and set into the oven to cook eight minutes. Invert the rice on a serving-dish. Dispose the apples above, and pour the syrup, reduced by cooking, around the base of the rice.

Meringue for Rice with Apples

Beat the whites of two eggs dry. Then gradually beat in two level tablespoonfuls of sugar. When the mixture is very glossy, "cut and fold" in two level tablespoonfuls of sugar, and use as needed.

Rice in Individual Moulds

To rice prepared as above beat through it, lastly, the whites of three eggs, beaten stiff. Then turn into individual Charlotte Russe moulds, thoroughly buttered and dredged with sugar, and set into the oven, as above.



Coffee Charlotte Russe with Coffee Jelly

Let stand a moment. Then turn out onto individual plates. Fill with preserves or canned fruit. Gingered pear chips were used in the dish shown in the illustration.

Apples, Lexington Style

Prepare the apples as in rice with apples and meringue. Let the apples cool slightly. Then roll them in sponge cake or macaroon crumbs, dried and sifted. Cover with beaten egg, diluted with two or three tablespoonfuls of milk. Then roll again in the crumbs. Fry the apples in deep fat. Fill the centres with grated pineapple (cooked) and red currant jelly. Surround the apples on the serving-dish with the syrup in which they were cooked.

Orange Sherbet in Orange Shell

Boil one quart of water and one pint of sugar twenty minutes (let the boiling be rapid). Add one teaspoonful of granulated gelatine, softened in one-fourth a cup of water, and strain into a dish. When cold, add a scant pint of orange juice and the juice of one lemon. In freezing, use three measures of ice to one of salt. Cut the oranges, and remove the juice, to leave the skin in the shape of a basket. Let these stand in cold water until ready to use. To serve, set the orange baskets into crêpe paper baskets of appropriate color, to insure standing upright.

Coffee Charlotte Russe with Jelly

Cook one-third a cup of sugar to caramel. Add a tablespoonful of sugar and a cup of clear black coffee. Stir, and let stand on the range until the caramel is dissolved. Soften a level tablespoonful, scant measure, of gelatine in one-fourth a cup of cold water. When the water is absorbed, add



Coffee Charlotte Russe, Individual Mould, Whipped Cream and Cherries

the coffee-caramel mixture, and stir until the gelatine is dissolved. Strain such portion of the liquid as is needed into a mould with a fanciful design at the bottom, and set the mould in ice. Cool the rest of the jelly, if there be any, in a shallow dish, and use, cut in small cubes, to decorate the dish after it is turned from the mould.

Beat one cup of double cream and one cup of cream turned from the top of a quart bottle of milk until firm to the bottom of the bowl. Set the cream aside, to keep chilled. Soften one level tablespoonful (generous measure) of gelatine in one-fourth a cup of clear black coffee. Cook three-fourths a



Roxbury Cakes, Boiled Frosting. See page 389

cup of sugar to caramel. Add three-fourths a cup of clear black coffee, and stir until the caramel is dissolved. Then turn into a double boiler. Beat the yolks of two or three eggs. Add two level tablespoonfuls of sugar; mix thoroughly, then cook in the caramel-coffee mixture until thickened slightly. Add the gelatine, stir until dissolved, and strain into a dish set in a pan of ice and water. Stir the mixture constantly until it begins to "set," then take from the ice, and mix in a little of the cream. Cut and fold in the cream with care, that the mixture may be smooth. Have ready the mould with jelly in the bottom and lady fingers trimmed to fit the mould. When the cream mixture is firm enough to hold its shape, set a lady finger in place. Put a spoonful of the mixture at the base to set the cake, and repeat until the mould is lined with the sponge fingers. Then fill the mould with the mixture. Set aside on the ice, to become chilled and firm. This mixture is a particularly good one to shape in the individual charlotte russe moulds. Such a mould of cream is shown in the illustration, decorated with cherries and cream, sweetened and flavored before whipping.

Child's Birthday Cake (Sponge)

Beat the yolks of five eggs very light. Then gradually beat in one cup and a fourth of fine granulated sugar. Add the grated rind and juice of half a lemon. Beat the whites of five eggs until dry. Cut and fold half of the whites into the yolks and sugar. Then, in the same way, add one cup and a fourth of sifted flour and the rest of the whites. Bake in a tube pan about fifty minutes. The heat should be very moderate for the first twenty minutes. When cold, cover, and decorate the cake with boiled frosting.

Boiled Frosting for Birthday Cake

Stir two cups and one-fourth of sugar and a cup of cold water over a slow fire until the sugar is melted. Add one-fourth a teaspoonful of cream of tartar, and let boil rapidly. Keep the saucepan covered two or three minutes; then remove the cover, and carefully set a thermometer into the syrup. Let boil until the thermometer registers 242° F. Have ready the whites of four eggs, beaten dry. Pour about two tablespoonfuls of the syrup onto the beaten egg. Set the saucepan on the back of the range to keep hot, without boiling, and beat the syrup very thoroughly into the egg. Then add two or three tablespoonfuls of the hot syrup, and beat as before. Continue in the same manner until all of



Maple Perfait with Sliced Pecan Nuts

the syrup is used. Reheat the last of the syrup to the boiling-point before using it. The long beating gives a light, fluffy frosting that will not run from a cake and will keep its shape when used for decoration. Without a thermometer boil the sugar and water until, when tried in cold water, a rather firm, "soft ball" may be formed. If, on account of climatic conditions or lack of proper boiling, the frosting remains upon the cake, yet does not hold its shape when forced through the tubes, gradually beat in a little sifted confectioner's sugar. Add two tablespoonfuls of sugar at a time, and beat some minutes between each addition. Flavor and tint as desired. This frosting will flow with ease through the tubes, and, while it is not as fluffy as the "straight" boiled icing, it is eminently satisfactory.

For chocolate frosting melt one ounce of chocolate in a saucepan, and set over boiling water. Add a little of the white frosting. Beat until evenly blended. Then beat in more white frosting until the desired shade of brown is secured. Flavor with vanilla.

Sweet Potato Soufflé

Press enough cold, baked, sweet potato through a sieve or ricer to fill a cup. Beat half a cup of butter to a cream. Gradually beat in half a cup of sugar, then the well-beaten yolks of four eggs, the prepared potato, one-fourth a teaspoonful, each, of cinnamon and mace, a grating of nutmeg, the yellow rind and juice of one lemon or orange, and, lastly, the whites of four eggs, beaten dry. Turn into a buttered dish, andset this on folds of paper in a pan of boiling water. Bake, without letting the water boil, until firm to the touch. Serve at once with foamy or Sabayon sauce.

Maple Parfait

Beat one cup of double cream and one cup of cream from the top of a quart bottle of milk until thick to the bottom of the bowl, and set aside to keep chilled. Boil one cup of maple syrup and one-eighth a teaspoonful of cream of tartar until reduced a little. Beat the yolks of two eggs until thick. Then pour the hot syrup over them in a fine stream, beating constantly, meanwhile. Return the mixture to the fire, and let cook over hot water until thickened a little. Remove from the fire, and beat until cold. Then add to it a little of the cream. Cut and fold the two together. Add a little more cream, and, when the two are evenly blended, add to the remainder of the cream. Blend the two without breaking down the cream, and pour into a quart mould. Spread a paper over the top, press the cover over the paper, and pack the mould in equal measures of ice and salt. Let stand about three hours. When turned from the mould, sprinkle with sliced pecan nuts.

Roxbury Cakes

Beat the yolks of two eggs. Gradually beat in half a cup of sugar, one-fourth a cup of butter, softened, but not melted, half a cup of molasses, half a cup of sour milk, and then one cup and a half (five ounces) of sifted flour, sifted again with one teaspoonful of cinnamon, half a teaspoonful of cloves, a grating of nutmeg, and one teaspoonful of soda. Beat in the whites of two eggs, beaten dry, and then half a cup of raisins (seeded) and half a cup of walnut meats (broken small). Bake in small tins. Cover with boiled frosting, and decorate with the same frosting tinted with melted chocolate and put on with the leaf tube. This tube is used to make ribbon, leaves, and ruffles. This recipe makes eighteen cakes.

Foamy Sauce

Beat the yolk of an egg very light and the white until dry. Gradually beat half a cup of sugar into the yolk. Then fold in the white. Add a teaspoonful of vanilla extract and one cup of hot milk. Mix thoroughly, and serve at once.

MENUS FOR EVERY DAY IN THE MONTH

THURSDAY, MARCH 1

Breakfast

Hot Shredded Wheat Biscuit.
Cream. Scrambled Eggs.
White Hashed Potato.
Canned Corn Griddle-cakes.
Coffee.

Dinner

Black Bean Soup.
Brown Fricassee of Veal Cutlets.
Boiled Potatoes.
Spinach with Eggs.
Tapioca Custard Pudding.
Vanilla Sauce.
Coffee (Demi-tasse).

Supper

Tomato Rabbit. Boiled Rice.
Roxbury Cakes. Tea.

FRIDAY, MARCH 2

Breakfast

Grape-nuts, Cream.
Salt Codfish Balls.
Horseradish Sauce.
French Bread, Toasted.
Coffee.

Luncheon

Stewed Lima Beans (Dried).
Rye Bread and Butter.
Sliced Oranges.

Dinner

Cream-of-Spinach Soup.
Fillets of Halibut Baked with
Bread Dressing.
Mashed Potato.
Scalloped Tomatoes.
Lemon Sherbet. Cookies.
Coffee (Half-cup).

SATURDAY, MARCH 3

Breakfast

Malt Breakfast Food, Cream.
Broiled Lamb Chops.
French Fried Potatoes.
Corn-meal Gems.
Coffee.

Luncheon

Creamed Halibut au Gratin.
Scalloped Potatoes.
Lettuce Salad.
Prunes Stuffed with Nuts and
Fondant.

Dinner

Lamb Broth with Vermicelli.
Boston Baked Beans.
Tomato Ketchup.
Bread and Butter.
Rice with Apples and Meringue.
Coffee

SUNDAY, MARCH 4

Breakfast

Barley Crystals, Cream.
Egg in the Shell.
Popovers. Coffee.

Dinner

Fruit Cocktail.
Fowl Steamed and Browned in Oven.
Mashed Potato.
Onions in Cream Sauce.
Fruit Jelly.
Dandelion Salad.
Coffee Charlotte Russe with Jelly.
Coffee.

Supper

Curried Eggs in Chafing-dish.
Boiled Rice.
Prune-and-Pecan-Nut Salad.
Whipped Cream Dressing.

MONDAY MARCH 5

Breakfast

Gluten Grits, Cream.
Hashed Fowl on Toast.
Corn-meal Muffins.
Coffee.

Luncheon

Egg Timbales, Cheese Sauce.
Cole Slaw.
Buttered Toast.
Sliced Bananas. Tea.

Dinner

Fresh Fish Chowder.
Lettuce Salad.
Queen of Puddings.
Coffee.

TUESDAY, MARCH 6

Breakfast

"Toasted Wheat," Cream.
Eggs Poached in Milk on Toast.
Zwiebach. Cocoa. Coffee.

Luncheon

Oyster Stew. Pickles.
Orange Shortcake.
Coffee.

Dinner

Emergency Soup (Vegetable).
Roast Leg of Lamb.
Franconia Potatoes.
Baked Bananas, Sultana Sauce.
Cress Salad.
Coffee Jelly, Whipped Cream.
Tea.

WEDNESDAY, MARCH 7

Breakfast

Oranges.
Salt Salmon, Broiled. Cream Dressing.
Baked Potatoes.
Popovers. Coffee.

Luncheon

Macaroni with Tomatoes and Cheese.
Hot-house Rhubarb Stewed.
Puff Paste Diamonds.
Tea.

Dinner

Baked Shad.
Roe in Cream Sauce.
Mashed Potato.
Spinach and Eggs, Sauce Tartare.
Prune Whip, Custard Sauce.
After Dinner Coffee (No Cream or
Sugar).

THURSDAY, MARCH 8

Breakfast

French Omelet. Bacon.
Mashed Potato Cakes.
Shredded Wheat Biscuit, Toasted.
Rhubarb-and-Orange Marmalade.
Cereal Coffee.

Dinner

Tomato Bouillon.
Cold Roast Lamb (Leg),
Mint or Horseradish Sauce.
Delmonico Potatoes.
Beet Greens.
Chocolate Eclairs.
After Dinner Coffee.

Supper

Cold Boiled Ham, Aspic Jelly.
Parker House Rolls.
Canned Fruit.
Tea.

FRIDAY, MARCH 9

Breakfast

Gluten Grits. Sliced Bananas.
Eggs Shirred with Cream.
Glazed Currant Buns.
Cocoa.

Luncheon

Potato-and-Anchovy Salad.
Nut Bread (Entire Wheat) and Butter.
Lemon Pie. Coffee.

Dinner

Cream-of-Lima Bean Soup.
Scalloped Oysters.
Spinach.
Crackers. Cheese. Coffee.

SATURDAY, MARCH 10

Breakfast

Malt Breakfast Food.
Potato and Lamb Hash.
Buckwheat Griddle-cakes, Maple Syrup.
Coffee.

Luncheon

Cold Ham, Sliced Thin. Mustard.
Baking-powder Biscuit.
Delicate Indian Pudding.
Cocoa.

Dinner

Soup. Cannelon of Beef,
Tomato Sauce.
Mashed Potatoes.
Grape Juice Sponge, Cream.
Crackers. Cheese.
After Dinner Coffee.

SUNDAY, MARCH 11

Breakfast

Farina, Cream.
Fried Smelts, Lemon Quarters.
Salad Rolls.
Coffee.

Dinner

Consommé with Poached Egg Yolks.
Fillet of Beef, Roasted, Bernaise Sauce.
Mashed Potato.
Spinach à la Crème, Toast Points.
Asparagus Salad.
Junket Ice-cream. Egg Rings.
After Dinner Coffee.

Supper

Creamed Oysters, Toast. Pickles.
Ice-cream (Left Over).

MONDAY, MARCH 12

Breakfast

Broiled Ham. Baked Potato Cakes
Fried Farina.
Cereal Coffee.

Luncheon

Canned Corn Pudding.
English Muffins, Toasted.
Canned Berries. Tea.

Dinner

Soup.
Cold Fillet of Beef, Horseradish Sauce.
Delmonico Potatoes.
Spinach-and-Egg Salad, French Dressing.
Sea Foam Pudding (Cornstarch).
Crackers. Cheese.
After Dinner Coffee.

TUESDAY, MARCH 13

Breakfast

Oatmeal, Sliced Bananas, Cream.
Creamed Ham on Toast with Eggs Mollet.
Rye-meal Muffins.
Cereal Coffee.

Luncheon

Succotash. Bread and Butter.
Waffles, Maple Syrup.
Tea.

Dinner

Fresh Cod, Boiled, Egg Sauce.
Boiled Potatoes. Oil Pickles.
Buttered Parsnips.
Custard Soufflé,
Foamy Sauce.
After Dinner Coffee.

WEDNESDAY, MARCH 14

Breakfast

Grape-nuts.
Rice Omelet, Broiled Bacon. Radishes.
Rye-meal Biscuit (Yeast).
Cereal Coffee.

Luncheon

Lettuce-and-Fish Salad.
Salad Rolls.
Apricots in Lemon Jelly,
Whipped Cream.
Cereal Coffee.

Dinner

Cream-of-Corn Soup.
Breaded Lamb Chops, Tomato Sauce.
Stringless Beans, Buttered.
Stewed Figs, Cream.
After Dinner Coffee.

THURSDAY, MARCH 15

Breakfast

Malt Breakfast Food, Cream.
Broiled Honeycomb Tripe,
Maître d'Hôtel Butter.
Hashed Potatoes.
Waffles. Cereal Coffee.

Dinner

Guinea Hen Roasted.
Guava Jelly.
Hominy Croquettes.
Cheese. Lettuce Salad. Crackers.
After Dinner Coffee.

Supper

Rice with Tomato and Cheese.
String Beans, French Dressing.
Orange Cake. Cocoa.

FRIDAY, MARCH 16

Breakfast

Shredded Wheat Biscuit, Sliced Bananas, Cream.
Eggs in the Shell.
Fried Mush.
Cereal Coffee.

Luncheon

Broiled Oysters on Toast, Bacon.
Stewed Rhubarb. Macaroons.
Coffee.

Dinner

Broiled Shad, Roe Baked in Cream.
Mashed Potato.
Cabbage with Cream Dressing.
Pineapple Omelet.
Crackers. Cheese.
After Dinner Coffee.

SATURDAY, MARCH 17

Breakfast

Toasted Wheat, Cream.
Broiled Finnan Haddie.
White Hashed Potatoes.
Twin Mountain Muffins.
Cereal Coffee.

Luncheon

Cheese Soufflé.
Stewed Tomatoes.
Baking-powder Biscuit.
Cereal Coffee.

Dinner

Tomato Bouillon.
Brown Fricassee of Veal.
Boiled Artichokes (Jerusalem).
Beet Greens (Hot-house).
Nut Cake with Chocolate Frosting.
After Dinner Coffee.

SUNDAY, MARCH 18

Breakfast

Gluten Grits, Hot Dates, Cream.
Parker House Rolls.
Cocoa. Coffee.

Dinner

Soup. Guinea Hen Croquettes.
Stringless Beans.
Lettuce-and-Shad Salad,
Garnish of Olives.
Pineapple Bavarian Cream.
After Dinner Coffee.

Supper

Finnan Haddie Creamed in Chafing-dish.
Egg Slices with Tomato Jelly.
Nut Sandwiches.

MONDAY, MARCH 19

Breakfast

Barley Crystals.
Broiled Sausage.
Mashed Potato Cakes.
Toast. Cocoa. Coffee.

Luncheon

Potato Soup.
Indian Tapioca Pudding, Cream.
Tea.

Dinner

Broiled Sirloin Steak,
Bernaise Sauce.
Sweet Potatoes, Southern Style.
Lettuce, Prune-and-Pecan Nut Salad.
Lemon Cheese Cakes.
After Dinner Coffee.

TUESDAY, MARCH 20

Breakfast

Oatmeal, Milk.
Canned Corn Omelet.
Parker House Rolls.
Cocoa. Coffee.

Luncheon

Cheese Croquettes.
Cole Slaw.
Rolls (Reheated).
Sliced Oranges. Cookies.
Coffee.

Dinner

Boiled Shoulder of Lamb, Caper Sauce.
Boiled Potatoes. French Turnips.
Dandelion Salad.
Banana Pie.
After Dinner Coffee.

WEDNESDAY, MARCH 21

Breakfast

Farina, Cream.
Omelet with Lamb's Kidney Ragout.
Breakfast Corn-cake.
Cereal Coffee.

Luncheon

Oyster Chowder.
Crackers. Pickles.
Rhubarb Pie.
Coffee.

Dinner

Lamb Soufflé, Tomato Sauce.
Buttered Parsnips.
Cabbage, Mayonnaise, with Whipped Cream.
Coffee Bavarian Cream and Jelly.
After Dinner Coffee.

Menus for Every Day in the Month—*Continued*

THURSDAY MARCH 22

Breakfast

Eggs Poached in Cream on Hot Shredded Wheat Biscuit.
French Bread, Toasted.
Coffee. Cocoa.

Dinner

Tenderloin Cutlets (Round Steak) Breaded, Tomato Sauce.
Buttered Onions. Beet Greens
Chocolate Pudding (Cornstarch), Boiled Custard.
After Dinner Coffee.

Supper

Dried Beef. Lima Beans, Buttered.
Russian Bread.
Canned Fruit.
Cocoa. Tea.

FRIDAY, MARCH 23

Breakfast

Oranges. Broiled Shad Roe, Maître d'Hôtel Butter.
Oil Pickles.
White Hashed Potatoes.
English Muffins, Toasted. Coffee.

Luncheon

Sardine Rabbit. Bread and Butter.
Lemon Sherbet, Whipped Cream.
Tea.

Dinner

Tomato Bouillon.
Thick Slice of Halibut, Baked, Hollandaise Sauce.
Dried Pea Purée.
Spinach and Eggs.
Lemon Sherbet.
After Dinner Coffee.

SATURDAY, MARCH 24

Breakfast

Oatmeal Moulded in Charlotte Moulds (Reheated).
Sliced Bananas, Cream.
Salt Codfish Balls.
Bacon Rolls. Popovers.
Cereal Coffee.

Luncheon

Beauregard Eggs with Cheese.
Baked Bananas, Sultana Sauce.
Cocoa. Tea.

Dinner

Cream-of-Spinach Soup.
Scalloped Halibut and Oysters.
Cabbage Salad.
Pineapple Bavarian Cream.
After Dinner Coffee.

SUNDAY, MARCH 25

Breakfast

Oranges. Fried Smelts, Mayonnaise with Tomato Purée.
Salad Rolls. Coffee.

Dinner

Veal Broth with Vermicelli.
Galantine of Turkey, Roasted, Mushroom Sauce.
Currant Jelly.
Mashed Potatoes.
Bermuda Onions in Cream.
Lettuce Salad.
Baba (Reheated), Wine Sauce.
After Dinner Coffee.

Supper

Creamed Asparagus on Toast.
Sponge Jelly Roll. Cocoa.

MONDAY, MARCH 26

Breakfast

Malt Breakfast Food, Cream.
Thin Slice of Ham, Broiled.
Mashed Potato Cakes, Glazed and Baked.
Salad Rolls (Reheated).
Cereal Coffee. Cocoa.

Luncheon

Nut-and-Fruit Pinwheels.
Cocoa.
Jell-O with Bananas.

Dinner

Consommé.
Cold Galantine of Turkey, Sliced Thin.
Savory Rice. Scalloped Onions.
Salad of Stringless Beans.
Scandinavian Rosettes with Preserves
After Dinner Coffee.

TUESDAY, MARCH 27

Breakfast

Oranges.
Deviled Ham on Toast with Poached Eggs.
Corn-meal Muffins.
Coffee.

Luncheon

Macaroni Baked with Cheese.
Prune "Kuchen." Cocoa.

Dinner

Consommé.
Broiled Beef Tenderloin, Bernaise Sauce.
Sautéd Bananas.
Buttered Parsnips.
Dried Peaches, Stewed, Cream.
Wafers. Cheese.
After Dinner Coffee.

WEDNESDAY, MARCH 28

Breakfast

Baltimore Samp, Cream.
Omelet with Chopped Ham.
Dry Toast.
Cocoa. Coffee.

Luncheon

Macedoine in Tomato Jelly, Salad Dressing.
Bread and Butter. Coffee.
Prune Soufflé, Custard Sauce.

Dinner

Mock Bisque Soup.
Planked Shad. Duchesse Potatoes.
Cucumbers, French Dressing.
Orange Charlotte. Coffee.

THURSDAY, MARCH 29

Breakfast

Grape-nuts.
Broiled Loin Chops (Lamb).
Potatoes Hashed in Milk.
Corn-meal Muffins.
Cocoa. Cereal Coffee.

Dinner

Fricassee of Fowl.
Hominy Croquettes.
Baked Squash. Lettuce Salad.
Cheese Balls.
Sliced Oranges. Little Cakes.
Coffee.

Supper

Oyster Croquettes. Cabbage Salad.
Salad Rolls (Reheated).
Moulds of Rice with Quince Preserves.
Tea.

FRIDAY, MARCH 30

Breakfast

Oranges.
Salt Mackerel, Broiled.
French Fried Potatoes.
Shredded Wheat Biscuit, Toasted.
White Bread.
Coffee.

Luncheon

Egg Timbales, Bread Sauce.
Lima Beans, Hollandaise Style.
Banana Pie. Tea.

Dinner

Cream-of-Spinach Soup.
Turbans of Haddock, Lenten Style.
Buttered Potato Balls.
Lettuce-and-Egg Salad.
Lemon Sponge, Whipped Cream.
After Dinner Coffee.

SATURDAY, MARCH 31

Breakfast

Malt Breakfast Food.
Hamburg Steak, Broiled
Baked Potatoes.
Corn-meal Muffins.
Cereal Coffee.

Luncheon

Corn Chowder.
Cheese-and-Nut Sandwiches.
Hot Apple Tapioca Pudding.
Junket Ice-cream.

Dinner

Boiled Fowl, Bechamel Sauce.
Boiled Rice. Buttered Parsnips.
Asparagus (Canned), French Dressing.
Banana Fritters,
Powdered Sugar.
After Dinner Coffee.

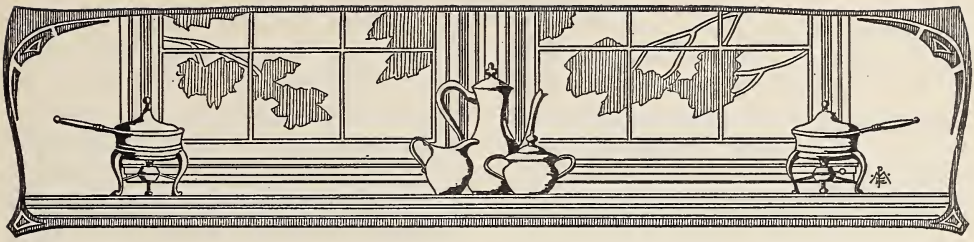
MENUS FOR BUFFET SUPPERS

I

Egg and Mushroom Croquettes, Asparagus Tips.
Lobster Salad.
Olive and Caviare Sandwiches.
Egg Rings. Fairy Gingerbread.
Grape Bombe Glacé
Cashew Nuts. Stuffed Prunes.
Coffee.

II

Creamed Fish and Mushrooms in Ramekins.
Egg Yolks in Aspic. Lettuce.
Assorted Sandwiches. Grape Parfait.
Whipped Cream and Pistachio Decoration.
Fruit Punch.



After Breakfast Chat

By Janet M. Hill

Cooking Eggs for Breakfast

AT this season the abundance and consequent freshness of eggs induces a more generous use of this product. But eggs at twenty-five cents a dozen require just as careful cooking as when the price is double this figure. The recipe for a soft and medium cooked egg, published by the United States Department of Agriculture in Bulletin No. 128, cannot be improved upon. Here it is:—

Select a granite-ware stewpan holding one quart. In it heat one pint of water to the boiling-point, turn off the source of heat, and lower into the water one egg taken from a refrigerator. Cover closely, and let stand six minutes, when the egg will be soft cooked. By remaining in the water eight minutes the egg will be medium cooked. In order to insure uniform results, the conditions must not vary. The kind of kettle, the quantity of water, the number of eggs, and the temperature of the eggs and the water must be observed.

With this recipe as a foundation, it ought not to be a hard undertaking to plan out an accurate formula for the cooking of eggs to suit the different members of a family. Two or three trials ought to result in sending eggs to the table of any desired consistency.

Cooking Fish

The boiling of fish as usually carried out is an exceedingly wasteful process. To realize this, let the water in which a three or four pound haddock has been cooked stand until cold. If the fish was withdrawn from the liquid as soon as the cooking was completed, the liquid will not become a jelly, but it will suggest that condition. Add to the water half a pound of fish (or half a pint of oysters or clams), a pint of milk, and four or five sliced potatoes, cooked with an onion, and the richness of the resulting chowder will complete the revelation. After one dish of chowder the provident housekeeper will "set as much store" by her saucepan of fish broth as by her kettle of chicken or lamb broth.

Not one woman in a hundred owns a fish kettle; and, to be sure, more necessary articles than this are needed in a kitchen. Tie the fish, bent in a circle, in a piece of old linen, and thus lower it into the water, which should be a little below the boiling-point. After cooking, the fish may be removed from the water upon a large skimmer, and drained. Coil the fish in the napkin upside down, and thus it can be turned from the napkin onto the serving-dish with ease. A folded napkin on the platter on which a boiled fish is sent to the table is a necessity, no matter how well the fish be drained. If the head and tail appear on the platter, let them be well covered with parsley or cress, the first being preferable. Well-seasoned fillets of fish, egged-and-crumbed and fried in deep

fat, retain all the flavor and nutritive qualities of the fish. Properly fried, no fat is absorbed, and this mode of cooking is to be commended for occasional use and for people in good health.

Cheese in Cookery

Cheese is given quite frequently in our recipes and menus. Any variety of cheese may be used in these dishes. For most of them an Edam cheese shell, broken in pieces and grated, will be found most satisfactory. This cheese does not melt readily on the application of dry heat, and so is not suitable for the common rabbit. It may, however, be used in a rabbit, if a sauce be first made as a foundation, into which it may be stirred.

Chayote

Through the courtesy of Daniel Fairchild, agricultural explorer, connected with the United States Department of Agriculture, we are able to present to our readers this month photographs of a "new" fruit, the chayote. That people already are demanding this new product is evident from the fact that the Bellevue-Stratford Hotel, in Philadelphia, has placed a standing order for a regular supply of six dozen per month. Upon trial we find that one of the best ways of cooking this fruit is in cream sauce, either with or without cheese. It seems immaterial whether it be pared before cooking or peeled afterwards.

Decorated Cakes

Small copper tubes were used in decorating the cakes shown in the illustrations. For the birthday cake a star tube was used, and a ribbon or leaf tube for the little cakes. The star tube is held upright in shaping stars. In making cords, it is held as a pen in writing. To make ribbons, bow knots, ruffles, and leaves, hold the leaf tube as a pen in writing. The rosebuds that hold the candles on the birthday cake can be purchased by the dozen and used repeatedly. They come in various colors, and are of a thin, waxy composition. An illustration showing twelve tubes, and the way to hold them for drop, surface, edge, and side work, was published in the February number (1903) of this magazine.

Washing Wool Blankets

BLANKETS washed by this process are as soft as when new.

Take one-half of a bar of any good laundry soap, shave it very fine, pour over it a pint of boiling water, and put upon the fire and stir until it becomes a thick paste. Into this put one tablespoonful of borax and two tablespoonfuls of ammonia. Have ready a tub of tepid water, softened with a tablespoonful of borax. Stir into this the soap mixture, then put in blankets. Let them soak an hour, occasionally turning them over, then run through a wringer. After this rinse through clear, tepid water, *being careful not to rub with the hands.* Run through wringer again, and hang in sun to dry.

MARY R. HALL.

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IN making apple jelly, if a rose geranium leaf be washed and held in the jelly a second, it will give a delicious flavor. It must not be held long, as the flavor will be too strong.

MARY C. DYER.

The Chayote

By Julia Davis Chandler

MARK TWAIN'S rule for hearing from a distant friend whose address is uncertain is to write a letter and file it away in his desk. He says it almost invariably brings a speedy answer or some information from the person addressed. His experiments were begun long before telepathy and psychic phenomenon were so commonly studied. Following his methods somewhat, when knowledge on general subjects is desired, often brings the wished-for data. File the subject of your inquiry away, and the first friend who calls, the first traveler you meet, or chance volume you open, will answer your query or supply additional material for your work.

A book from Jamaica on the cookery peculiar to the island was thus put aside. The local names of strange fruits and vegetables were puzzling, as no pictures accompanied them and no botanical names were given in parenthesis. It held many recipes for cho-chos, but what was a cho-cho? Had the word "mirliton" been used, that would have been a Rosetta stone for the solving of the mystery.

Soon information came on this point. The cho-cho is none other than the chayote of the early Spanish explorers. The original name was doubtless the Aztec chayotl, which has been changed repeatedly in the many tropical lands to which the plan has been carried. It is grown in warm countries around the globe, and to a limited extent in our Southern States. As soon as there is an assured demand for the fruits, they will be supplied to our markets from Porto Rico, where the plant grows in abundance.

A perennial vine, of rapid growth, without any insect or fungoid enemy yet known, which bears in most prolific fashion large fruits with a shell so firm that they can be readily transported, seems almost too good to prove true. Yet this is but a partial statement of its value, since the fruits are but one of the useful things it furnishes to the happy native of the tropics.

Were the statements as to its many edible and useful products not made by our government authorities and corroborated by the reports of other scientists and the experiences of many nations, what is said of the chayote would seem like the claims of a promoter, or like some plant Marco Polo heard of in far Cathay, or Alice saw in Wonderland.

The cho-cho, or chayote, is a cousin of our melons, cucumbers, and squashes, but it far excels them in its varied uses and capacity for combining agreeably with fruits. By turns it may be used as a vegetable or a fruit, a fritter or a tart, a novel entrée or a pudding. One plant yields from twenty-five to five hundred fruits a year, according as it is given its appropriate environment or not. Besides fruit it yields tuberous roots, shoots that are used like asparagus, and seeds that are eaten as another dish, and flowers that furnish abundant food for honey-bees.

The plant is so valued for its shade, and an ornamental vine, that it is undesirable to retard its growth by cutting the shoots: hence it is only the wealthy who indulge in this tender portion. It is suggested, in case the plants prove popular in the United States, that separate plantations of chayote be devoted to raising the shoots for sale, near cities like New Orleans, where the fruits are now used to some extent by Creoles and others.

The roots, which replace yams for the table, can be severed without killing the vine, if part of them be taken at a time, as they form near the surface,

after the vine is well established, about the second year. These roots are used principally for fattening cattle, so it could be classed as a forage plant.

In Algiers it is raised for fibre, from which baskets and, of late, hats are made. The fruit finds ready market in France.

The different varieties of chayote vary in color, being either white or green, and are of several shapes. Some are covered with spines, and some are smooth. The seeds cannot be kept for germination in a dried state. The whole fruit has to be planted. When once established, however, the plants are readily propagated, covering fences and buildings with their ornamental foliage, and yielding fruit continually. Even in locations not adapted to their needs, as in certain parts of India, where the British government is introducing it, the vine has been made to thrive with a little extra care in the preparation of the soil. In the island of Madeira and in Australia and New Zealand the chayote is prized, and yet we Americans do not know the plant. To be sure, as has been said, a limited use of it is made in New Orleans, where it is called mirliton, as it is in France. It sells for fifteen cents apiece, which shows it is appreciated as a table luxury. To imitate the globe or thistle artichoke, it is cut in disks like the choice part of those flower buds, is cooked in the same manner, and served with the same sauces.

The native Jamaican esteems the chayote, or cho-cho, as it is called there, because "it is so cooling." It is cooked like squash, and served plain as a vegetable. It is also made into fritters with eggs. For a savory the boiled cho-chos are cut in finger strips, and laid on anchovy toast and covered with hot cocoanut cream. The cho-cho seeds are boiled, and served on buttered toast, spread with anchovy; and a white sauce is poured over them. All these are Jamaican ideas as are, also, the following: For puddings the chayote is prepared by boiling with cloves and a bit of cinnamon bark. After the pulp is squeezed and wrung dry in a cloth, it is mixed with sugar, a little nutmeg, and sufficient lime juice to make it resemble apples in flavor. This pulp is then combined with bread crumbs, eggs, and currants for a boiled pudding, to be eaten hot with a sweet sauce, or cold with a custard poured around it.

It combines so well with solid fruits that doubtless we shall learn to use it thus. For instance, it is combined with the fruit of another fibrous plant, that which yields the roselle fibre of commerce, the Jamaica sorrel, which has a bright red sour fruit. The scarlet calices of the roselle and the large fruits of the chayote are combined for tarts and similar desserts of fruit. The roselle, or Jamaica sorrel, is grown in Florida, but, as the jam does not keep well, it is not sent North; but in Florida it replaces the cranberry and gooseberry.

In Louisiana the chayote is generally called vegetable pear, and is cooked very much as it is in Jamaica. It may also be cooked *à la* Creole by parboiling, then cutting in halves. Scoop out the inner part, and mix it with shrimp or crab meat, egg, and bread crumbs, seasoned with fine-chopped onion, salt, and pepper. Mix this thoroughly, heat a little fat, or oil, or butter, in a large frying-pan, and turn the mixture in. Stir constantly until it is partly fried. Remove from the fire, and fill each skin with the farci, sprinkle with crumbs, brown in the oven, and serve. For this Southern recipe, the writer is indebted to Mrs. Lylie O. Harris, the Southern story writer and journalist, who is also an authority on fine cookery in the South. She writes: "My individual taste demands a *soupçon* of sugar. It is a delicious vegetable, a sort of sublimated squash, and it is

much liked by the Creoles. It may be steamed, mashed, seasoned, and made into a batter by adding eggs and milk. Beat the whole until it is very light, add baking-powder, and fry on a griddle, as batter cakes, or as fritters, dropped into boiling fat. A little flour must be added to give consistency."

In conclusion it may be of interest to know that the name is pronounced chī-o′-tay, and that the fruits for planting can be had at seed-stores in New Orleans and Dallas, Tex.; but, be forewarned, these are too ripe to be palatable eating. For this purpose they must not be fully matured.

Boston Brown Bread

An Historical Sketch

By Arthur W. Brayley

IT may be that the legislature of Massachusetts will deem it unnecessary to make the anniversary of the invention of Boston brown bread a legal holiday. Nevertheless, it is no more than justice to announce to the world that that article of diet was first given to mankind by Major Nathaniel Thwing, of Boston, Mass., July 7, 1746.

That food came as things of that class are apt to come,—under stress in a time of poverty. Not that we would infer that Major Thwing was in financial straits, but the condition of the people of Boston, as a whole, was distressing.

Provisions, especially breadstuffs, were high, and money scarce. Wheat, that sold in 1719 for ten shillings per bushel, had gradually advanced until in 1746 it brought double that price. Figuring wheat at ten shillings per bushel, the assay on bread, as set forth by the town authorities, was as follows:—

	Ounces.	*Drams.*
One penny white loaf	4	1
One penny wheaten loaf . . .	6	1
One penny household loaf . .	8	

But, when the price of wheat doubled, bread had increased more than two-fold in cost; and in 1746 the price as fixed by law was:—

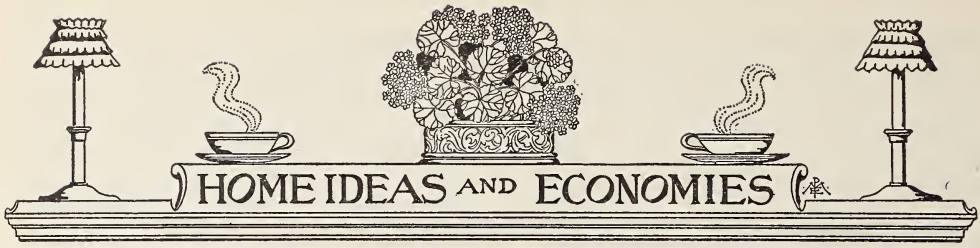
	Ounces.	*Drams.*
One penny white loaf	1	8½
One penny wheaten loaf . . .	1	13
One penny household loaf . .	2	10½
Six penny white loaf	9	12
Six penny wheaten loaf . . .	10	14
Six penny household loaf . .	11	

The wheaten and household loaves were made of coarser cereals, and were consumed by the poorer class.

It was at this time that the victories of Louisburg were being paid for by the colonists at a greatly increased public debt, and all institutions and persons that depended upon incomes found themeslves in a condition of distress, for the currency had depreciated to an alarming extent.

Major Thwing had gone to the war, leaving his business, that of baker, in the care of his sons. He served as major under Colonel John Choate in the Third Company of the Eighth Massachusetts Regiment. It may have been that, while in Canada, some thrifty French housewife imparted to him the secret of making brown bread; and, recognizing its possibilities as a money-maker, as well as a staple article of

(*Continued on page* xiv.)



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

How to utilize all the Celery

WHEN purchasing celery, by selecting stalks with fresh, well-bleached leaves, one can wash and dry the leaves, and so secure enough flavoring for soups to last the entire year, thus saving the cost of celery seed and salt.

The coarse outer stalks make an excellent dish as follows: Cut in inch lengths, and boil in salted water until tender. Melt a tablespoonful of butter, into which stir one tablespoonful of flour, and, when simmering, add one cup of milk, stirring to a smooth white sauce. Take as many bread crumbs as you have celery, and stir both into the sauce. Turn into buttered dish, and bake in moderate oven until browned lightly.

Keeping Cheese

Cheese can be kept moist and sweet by wrapping in a cloth wet in vinegar and covering with a dry cloth.

Oiling the Clock

Fill a large-mouthed ounce bottle with coal oil, and place inside the clock, where the pendulum will not strike it. The oil will evaporate and keep the clock in running order.

EDITH F. BARNES.

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House-cleaning Notes

A SMALL jar, filled with plaster-of-paris, should be at hand when house-cleaning time arrives. It will be found useful for the many small breaks which, if they are neglected at this time, are apt to go for another six months. A few teaspoonfuls of the plaster, mixed and applied to breaks in the wall will smooth the surface before new paper is applied. Mix with water, and apply with a palette knife.

Mouse-holes, which are apt to break forth about this time of year, should be filled with shavings of strong soap or a bit of crumpled newspaper, soaked in turpentine, and the place then covered with plaster-of-paris.

Whitewash for use in the cellar is made with half a pail of lime, mixed with a little cold water. To this add a gill of flour (or one quarter a pound) that has been first wet with a little cold water, and then add boiling water enough to thicken. Add while hot to the lime, stir well, and apply to the walls. This whitewash will not rub off, as some sorts are apt to do. Plenty of whitewash in the cellar may save the pain and expense of illness.

When broken panes of glass are to be replaced, heat the fire poker red-hot, and apply it to the putty. Use care not to touch the woodwork, or the heat will discolor the paint. When the putty is heated, slip a knife between it and the wood, and the putty will come off easily. If there is any painting to be done about the house, inside or out, see to it that all the little cracks and crevices, the broken places and nail-holes, are filled with putty. Putty is really more durable than wood itself, and a place once mended with it will remain in good condition for years.

No matter how small an aperture may be, the cold winds of winter have a way of seeking it out and entering thereby. Just so a part of the heat from indoors goes out, or its effect is nullified, so the careful housewife sees to it that these places are filled up. When they are painted over, the places are not apparent, and the house has the appearance of being "kept up," which is most desirable.

When washing windows, do not use soap or any other alkali and expect them to look well. To half a pail of very hot water, add half a teacup of kerosene. See that there are plenty of clean cloths at hand,—cloths that have not been used for anything else since they were laundered,—and then wring a small clean sponge out of the oil and water. Do not make the windows very wet, but sponge them thoroughly, with the sponge wrung very dry. Wash a window inside and out, and then sponge a second one. Then go back to the first, which has now commenced to dry, and finish it with the clean cloths, discarding them as fast as they are damp. If all the tools are absolutely clean, the work will be satisfactory. No polishing is necessary, as the oil leaves the glass very brilliant. It is always better to select a rather dull day, when it does not rain, than a bright, sunshiny one, which is apt to make the windows appear streaked. Paint and putty spots are easily removed by wetting with hot vinegar and rubbing with a new penny.

MARY TAYLOR-ROSS.

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HOW many readers of the *Cooking-School Magazine* have a food-chopper attached to their kitchen table? I have lately added this most convenient article, and am wondering how I ever got along without it. There is never a day when it is not needed. Generally, it is used several times a day. When I reflect that there are several utensils upon the pantry shelf, which are taken down but two or three times a year, I cannot imagine why the food-chopper should have been so tardily welcomed.

There are various machines of this kind upon the market, costing, for the smaller sizes, $1 or less. They are readily adjusted to the end of the table, are easily manipulated, and can be cleaned as quickly as a chopping-bowl and knife. Each machine has two or three cutters, for coarse, medium, or fine chopping. They do the work speedily and satisfactorily. They will chop any food material, meat raw or cooked, clams, oysters, or fish, bread, crackers, fruits, chocolate, nuts, cheese, and all kinds of vegetables.

If the beefsteak is disappointing, and the mastication of it seems a serious undertaking, chop it, with whatsoever additions you desire, and serve it in a Hamburg steak, a beef-loaf, or some similar concoction.

Think of the time such a machine will save in preparing vegetable soup, mince pie, or turkey dressing! Contemplate the ease with which you could make chow-chow or piccalilli! A child can turn the crank, and will ask no greater fun.

MRS. C. N.

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Flowers for the Summer Window

HAVE you tried gloxinias?

If so, you will be sure to have them again this year.

But, if you have never yet possessed them, then certainly this is the time for you to learn what treasures they are.

If you have no bulbs, send to a reliable florist for them. Do not try to raise the bulbs from seed, as it will only result in labor and disappointment.

You can get one bulb for ten cents, or a set of four, all different, for thirty-five cents.

If you can afford but one, let it be white, or get three of your neighbors to send with you for the set, each taking a different color.

Then each of you can have one beautiful plant to enjoy this summer.

Set them, in four-inch jars or quart tin cans, in leaf mould or other rich, loose soil, and be sure to get them right side up.

Set in a warm, sunny window, and water sparingly until growth begins.

Never pour water on any part of the plants, as it would cause them to decay.

Always water from the bottom or by pouring on the soil away from the plant.

When the buds begin to open, remove to a north or east window, away from the direct rays of the sun, and you will have a succession of beautiful, velvety blossoms for six weeks or longer.

When the flowering season is over, pick off about one-half of the thriftiest leaves, and exchange with your friends for leaves of different colors, keeping the varieties separate.

Place these leaves in glasses of water, in a sunny window, with the stem and a trifle of the leaf under water.

Soon little bulbs will form on the stems and lower points of the leaves.

Then lift each leaf carefully to a can of soil, covering over the bulbs, but leaving the top of the leaf above the surface of the soil.

Keep in the light, and watered, until the leaf dies down. Then set in a dry, warm place, like the upper shelf of the pantry.

Give them a little water about once in three weeks.

When tiny red or green sprouts appear, remove them to the sunny window, treating them exactly as you did the growing plants of the year before.

If too many sprouts appear in one can, transplant to other receptacles.

The same winter treatment serves for the old bulbs, year after year, changing the soil each season, either in the spring or autumn.

The desired colors once secured, there need be no further expense.

I think the white is the prettiest; next, red with white border; then red, purple, blue with white border; and, lastly, the spotted varieties.

C. A. M. D.

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How to keep Lettuce Fresh

HOW to keep the Saturday supply of lettuce fresh is often a trying problem.

Do not keep it in water. Instead wash the leaves carefully and wrap them up in a wet cloth, covering with several thicknesses. Place on a plate or in a large bowl until wanted for use. The cloth should be kept wet. In this way lettuce will keep fresh for several days and in a much better condition than when set in water or on the ice.

To clean Hard-wood Floors

The cleaning of hard-wood floors, or those fixed to take the place of hard-wood, may be made easy. For ten cents one can buy at any grocery store an ordinary mop handle.

Fill the mop with old *black* stockings that are past wearing. To prevent marring the woodwork and furniture, wind the metal parts with any dark-colored material, and fasten securely.

With this *dry* mop the floors can be quickly and easily cleaned. When full of dust, shake out of a door or window. Floors can be cleaned in this way every morning in a few minutes.

A Good Floor Polish

An excellent and cheap floor polish can be obtained by mixing two parts crude oil and one part benzine. Rub on with a soft woolen cloth, and polish with a clean one of like material.

To avoid Spots on Heavy Laundry

In laundering white spreads and other heavy pieces, difficulty is often experienced after the article is wet in finding the soiled places.

Fasten a piece of black silk thread to these places before wetting. By so

doing, they can be easily located after the article is in the water. G. B.

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AFTER trying broom-covers of various patterns, I have decided in favor of one cut twenty-six inches long and twice the width of the broom. Sew together lengthwise, leaving both ends open. Make a three-inch hem at each end, and insert a draw string at the top of the hem (at each end). The practical points are: the cover may be drawn over the brush from the handle end of the broom without roughing the brush, and it may be changed, end for end or inside out, which I find a distinct advantage in dusting wall or ceiling or even hardwood floors.

A lady who is noted for her delicate cakes recently surprised me with the information that she never uses an egg except for filling. Her recipe is: one cup of granulated sugar, half a cup of butter, one cup of sweet milk, two cups of flour, and two teaspoonfuls of baking-powder. She attributes her success to her practice of creaming the butter, sugar, and milk by squeezing through the fingers, and to sifting the flour and baking-powder half a dozen times.

In making pumpkin pies, a saving of labor and a great improvement in flavor will result from baking the pumpkin in the shell the same as Hubbard squash. When the pumpkin is removed from the shell with a spoon, it will be found as dry as though cooked a whole day in a kettle. Thirty minutes will be sufficient time for baking. Apropos of pie crust for custard or pumpkin pies, a very convenient way is to spread the paste over an inverted pie-tin, to bake previous to filling.

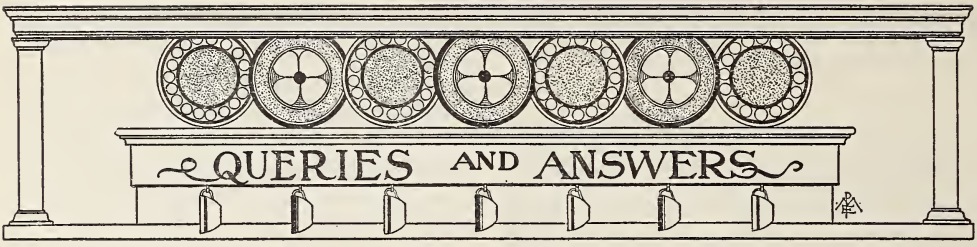
Among many ingenious contrivances in the city flat of a relative I observed a toilet cupboard above the lavatory. The door consisted of a mirror in a plain oak frame. When open, it disclosed a toilet cupboard with shelves filled with tooth powders, cold creams, and complexion accessories, medicines, etc. A similar mirror concealed a hat cupboard in the hall, which was certainly indispensable as a convenience.

I find that any of the strongly flavored fruits, like plums and cherries are much more delicate if packed into the cans, filled with cold water and brought to a boil, set within a wash-boiler of water. Then the liquid may be poured off for jelly, and the cans refilled with a rich syrup made of granulated sugar. If cherry juice be mixed with currant juice, half and half, it will jell nicely.

Graham flour made into a porridge for breakfast has proven a valuable remedy for dyspepsia in one family. We have now used it for five years, and the victim of chronic dyspepsia can eat nearly every food, without injury, that once caused him great suffering. The Graham is sifted and stirred gradually into boiling salted water, then left to cook fifteen minutes in a cereal cooker. It is eaten with sugar and milk. Mrs. W. L. C.

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"THE District School Equipment," shown in the January number of this magazine, should have been credited to Miss Benedict, class of 1904, Department of Domestic Science, Teachers College, Columbia University, N.Y., rather than to Miss Benton, the director of this department. Miss Benedict is now connected with the Mechanics Institute, Rochester, N.Y.



THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamp; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1102.—C. H., Stockbridge, Mass.: "Recipe for marron glacé."

Marron Glacé

Have ready the chestnuts blanched and cooked in a flavored syrup as for a compote. Drain, and let become dry and warm. Boil two cups of sugar and one cup of water to 310° F.; *i.e.*, the point just before it becomes caramel. Do not stir the sugar after it is dissolved. Wash down the grains of sugar from the side of the saucepan as in making fondant. Cover, and let boil three or four minutes, that the steam may melt any grains left on the sides of the saucepan. Add about an eighth of a teaspoonful of cream of tartar before covering the saucepan. Take the chestnuts, one by one, on a hat pin or larding needle, dip carefully into the syrup to cover completely, and dispose on an oiled or waxed paper. It is necessary to work very quickly. Reheat the sugar, when needed.

QUERY 1103.—Mrs. J. H. R., East Dennis, Mass.: "Is sugar left in caramel after it has become caramel? If any, what per cent. is left? If not, what is left?"

Sugar in Caramel

There are several kinds of sugar, as cane sugar, also called sucrose, glucose (not the commercial product), also known as dextrose or grape sugar, found especially in grapes, and levulose, fructose, or fruit sugar. Both glucose and levulose are in a fit condition to be taken up by the blood. Cane sugar needs to be changed (inverted, we say) before this is possible. By boiling cane sugar with a dilute acid, it is changed to these two sugars. The high degree of heat in combination with the dilute acid is essential to bring about the result. In making caramel, if lemon juice or cream of tartar, in minute quantity, be stirred with the sugar, as is often done, it would seem that the resultant caramel would be an inverted sugar corresponding to grape and fruit sugar, and thus more digestible than cane sugar. As much water is driven off, it may be a more concentrated sugar, though it is less sweet, but we see no reason why it is not still sugar. Than this we are unable to answer the questions more definitely.

QUERY 1104.—Subscriber, St. John, N.B.: "Recipes for Graham bread, pot roast, fancy cookies, lemon pie, sea foam pudding (cornstarch), almond paste and macaroons."

Graham Bread

Soften one-fourth a cake of compressed yeast in half a cup of water. Melt two tablespoonfuls of shortening in a cup of scalded milk. Add half a cup of water, a teaspoonful of salt and three tablespoonfuls of molasses,

and, when cooled to a lukewarm temperature, the yeast mixed with the water in which it was softened. Stir in two cups and one-half of Graham flour and one cup and a half of white or entire-wheat flour. Mix very thoroughly, but do not mould. Mix late at night, and cover closely. In the morning cut down with a knife, and turn into bread-pans. Shape and smooth the top with a knife dipped in hot water, and, when again light, bake nearly one hour. Use a whole yeast cake, when the bread is mixed in the morning.

Pot Roast

Purchase five or six pounds of beef from the rump, the vein, or the round. Cut a slice of fat salt pork in bits, and cook these in an iron frying-pan, to withdraw the fat. Cook the beef in the hot fat, turning as needed until the whole surface is seared over and browned. Remove to an iron kettle, turn in one cup of boiling water, cover and let cook just below the boiling-point six or seven hours. Add water occasionally, to keep the meat from burning, but do not exceed a cupful at any time. Turn the meat, when half cooked. If preferred, the meat may be seared in a hot frying-pan without the use of the pork fat.

Fancy Cookies

Cream one cup of butter, beat in two cups of sugar, the beaten yolks of two eggs, and from one-half to one whole cup of milk, according to the kind of cooky desired. A cup of milk gives a soft cooky, half a cup a rich, crisp cooky. Sift six level teaspoonfuls of baking-powder, several times, with three cups of flour, and add to the above. Mix thoroughly, and add as much more flour as is needed. With a cup of milk the dough should be as soft as can be handled. Take but a small portion of the dough on the board at a time. Roll out, and cut from it two or three cakes. Set these in a buttered pan, dredge with sugar, and bake in a quick oven, first on the floor, then brown the top on the grate. With half a cup of milk, use flour to make a firm dough. Vary by first brushing over with white of egg and sprinkling with cocoanut or sliced almonds. Melted chocolate and a flavoring of vanilla may be added to creamed butter and sugar.

Peanut Cookies

Cream one-fourth a cup of butter. Gradually beat in half a cup of sugar, one beaten egg, two tablespoonfuls of milk, one cup of flour sifted with one-fourth a teaspoonful of salt, and two level teaspoonfuls of baking-powder, and, lastly, three-fourths a cup of fresh-roasted peanuts, pounded fine in a mortar. Drop the dough by the teaspoonful onto a buttered tin, having plenty of space between the portions. Press half a nut-meat on the top of each, and bake in a modeate oven.

Egg Rings

Carefully separate the whites and yolks of two eggs. Put the whites in a bowl, and drop the yolks into a small saucepan of boiling water. Keep the yolks in a hot place until they are cooked solid throughout, then drain on a cloth, and pass through a sieve. Beat one whole egg and the yolk of another until very thick, then add the sifted yolk, and beat again. When the whole is light and smooth, gradually beat in half a cup of fine granulated sugar, and beat the egg-and-sugar mixture into a cup of butter beaten to a cream. When these are thoroughly blended, beat in about four cups of sifted flour. When the mixture can be beaten no longer with a whisk or perforated spoon, knead on a board. Cut off small portions, and roll into long rounds, the thickness of a lead-pencil. Shape these into rings or eights, lay on a baking-sheet, brush

over with beaten white of egg, and sprinkle thickly with coarse, granulated sugar or blanched almonds, chopped fine. Bake a delicate straw-color.

Lemon Pie

Mix three level tablespoonfuls of cornstarch with cold water, and stir while pouring into one cup of boiling water. Continue to stir until the mixture boils, then add one cup of sugar, the grated rind and juice of a large lemon, one-fourth a teaspoonful of salt, a tablespoonful of butter, and one beaten egg. Bake between two crusts. For one crust baked over a pie tin, and then set in place inside the tin, cook the starch in the hot water fifteen minutes, then stir in the other ingredients, using the yolks of two eggs instead of the whole egg. Cook until the yolk is set, then turn into the pastry. Beat the whites of two eggs dry. Gradually beat in two level tablespoonfuls of sugar, then cut and fold in two tablespoonfuls of sugar, and spread over the fire. Set the pie into the oven to cook the meringue. This should take about eight minutes.

Filling for Two Lemon Pies

Mix three crackers, rolled fine, with two cups of sugar, half a teaspoonful of salt, the grated rind and juice of two lemons, three beaten eggs, a tablespoonful of melted butter, and two cups of cream or rich milk. Bake between crusts.

Sea Foam Pudding (Cornstarch)

Scald one quart of milk, and stir into it half a cup of cornstarch, mixed with cold milk. Add one-fourth a cup of sugar and half a teaspoonful of salt, and let cook fifteen minutes. Tint a very delicate green shade with color paste or liquid color, then fold in the whites of three or four eggs, beaten dry. Turn into a mould rinsed in cold water, and set aside to become chilled and firm. Serve with cream, plain or whipped, and sugar.

Almond Paste and Macaroons

Almond paste sells in pound cans for forty cents. Recipes accompany each package of paste. The recipes are reliable, and the paste more satisfactory than that which is made at home.

Query 1105.—K. N. P., Denver, Col.: "Recipe for delight pudding and sweet potato puff."

Delight Pudding

Mix one pint (about six ounces) of bread crumbs with half a cup of softened butter. Beat the yolks of two eggs. Add one cup of milk and half a cup of molasses. Sift together one-third a cup of flour, half a teaspoonful, each, of soda, salt, mace, and cloves, and one teaspoonful of cinnamon, then mix these through a cup of seeded raisins, cut in halves. (Sultana raisins need no cutting.) Add the flour, condiments, and raisins to the buttered crumbs, and mix the whole to a dough with the liquid mixture. Steam in a two-quart mould (lined with paper, if plain), thoroughly buttered. Serve hot with the following sauce.

Sauce for Pudding

Cream half a cup of butter. Gradually beat in one cup of sugar, and then the whites of two eggs, beaten stiff. Flavor with vanilla, mace, or brandy.

Sweet Potato Puff

A recipe for a sweet potato soufflé or puff is given in this number among the seasonable recipes. If this recipe be unsatisfactory, kindly give more definite instructions as to the dish desired, and we will look for another recipe.

Query 1106.—Mrs. C. H. R., Sherburne, N.Y.: "Recipes for oyster salad and oyster sandwiches."

Dainty Foods Demand It

IN EVERY Receipt that calls for cream of tartar, soda, or baking powder, use the Royal Baking Powder. Better results will be obtained because of the absolute purity and great leavening strength of the Royal. It will make the food lighter, sweeter, of finer flavor, more digestible and wholesome. It is always reliable and uniform in its work.

Alum and phosphate baking powders—some of them sold at the same price and some of them cheaper—will make neither dainty nor wholesome food.

ROYAL BAKING POWDER CO., NEW YORK.

Oyster Salad

Pour half a cup of cold water over a quart of oysters, and examine each oyster carefully, to remove any bits of shell. Heat the liquor to the boiling-point. Skim, add the oysters, and let cook until the oysters look plump. Drain off the liquor, and let the oysters become cold. Mix six tablespoonfuls of oil, half a teaspoonful of salt, a dash of paprika, and three tablespoonfuls of vinegar. Pour this over the oysters (first dried in the folds of an old napkin), and mix thoroughly with a spoon and fork. If the oysters are not well coated with dressing, prepare a second portion, and, when well mixed with the oysters, turn these onto a bed of heart leaves of lettuce. Sprinkle the whole with capers, or with pickled nasturtium seeds, or with cucumber pickles, or olives, chopped fine. The dressed oysters may also be turned into the centre of a ring of cabbage salad, cole slaw, or celery salad.

Oyster Sandwiches (Hot)

Bring two dozen oysters to the boiling-point in their own liquor, drain, and chop fine. Scald a cup of cream over boiling water. Add the chopped oysters two tablespoonfuls of butter, about half a teaspoonful of salt, a dash of paprika, and fine, soft bread crumbs, if the mixture prove too moist. Have ready rounds of hot toast. Spread these with butter, and then with the hot oyster mixture. Serve at once with olives or gherkins. If preferred, before the toast is spread with butter, the edges may be dipped in the hot oyster liquor. The chopped oysters may be stirred into cream sauce instead of cream.

QUERY 1107.—Mrs. J. S., Waukegan, Ill.: "Recipes for two or three different sauces to be served with fillet of beef. Also recipes for corn-meal gems similar to the Graham gems given in October, 1903."

Bernaise Sauce for Fillet of Beef, etc.

Put three tablespoonfuls of fine chopped shallot (very small, mild onions), half a dozen peppercorns, and one-fourth a cup of vinegar to simmer on the back of the range. When the moisture has nearly evaporated, add two tablespoonfuls of butter and the beaten yolks of three eggs. Set the

---

Coffee vs. College

Student had to give up Coffee

Some people are apparently immune to coffee poisoning. If you are not, Nature will tell you so in the ailments she sends as warnings. And, when you get a warning, *heed it, or you get hurt sure.* A young college student writes from New York:—

"I had been told frequently that coffee was injurious to me, and, if I had not been told, the almost constant headaches which I began to suffer after using it for several years, the state of lethargic mentality which gradually came upon me to hinder me in my studies, the general lassitude and indisposition to any sort of effort which possessed me, ought to have been sufficient warning. But I disregarded them till my physician told me a few months ago that I must give up coffee or quit college. I could hesitate no longer, and at once abandoned coffee.

"On the advice of a friend I began to drink Postum Food Coffee, and rejoice to tell you that with the drug of coffee removed, and the healthful properties of Postum in its place, I was soon relieved of all my ailments. The headaches and nervousness disappeared entirely, strength came back to me, and my complexion, which had been very, very bad, cleared up beautifully. Better than all, my mental faculties were toned up, and became more vigorous than ever, and I now feel that no course of study would be too difficult for me." Name given by Postum Company, Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in packages.

10¢



21 Kinds

We have a little book.
It is filled with the bright children's faces which have made our product famous.
They are in rich colors.
A merry little jingle describes each.
This exquisite souvenir is yours for the asking if you send your name and address.
In the meantime

Campbell's SOUPS



Continue to be just as pure and wholesome as these little faces are fresh and innocent.
They can't be otherwise.
Nothing but the best goes into our product, so nothing but the best can result.
To this sound deduction add the fact that it is vital to our welfare to be careful with these good things, and you can't dodge our wholesome logic.
One ten-cent can makes enough soup for the average family.

"Just add a can of hot water and serve"

Joseph Campbell Company
41 Penn Street
Camden, N.J., U.S.A

Ready in a wink
For the sudden guest.
No heat, no hurry;
No waste, no worry.

Send for handsome illustrated booklet, No. 38

saucepan into a dish of boiling water, then stir and let cook, adding twice, meanwhile, two more tablespoonfuls of butter (three ounces of butter in all). When the sauce thickens, season with salt and a little paprika, strain and finish with a teaspoonful, each, of fine-chopped tarragon and chervil. Tarragon vinegar may be used with the shallot, when fresh tarragon leaves are not obtainable. If overcooked, this sauce will curdle. To lessen this liability, from one tablespoonful to one-fourth a cup or even more of white or Bechamel sauce may be put into the pan before the yolks and butter. For a change meat glaze may be added to the sauce, to give it a brown color, and it then becomes Béarnaise Brune. The addition of tomato purée gives Béarnaise Tomate.

Beefsteak Sauce for Fillet of Beef, etc.

Melt two tablespoonfuls of butter. Cook in this two tablespoonfuls of fine-chopped onion and a teaspoonful of parsley. When these are of a light amber tint, add two tablespoonfuls and one-half of flour, and let cook until the flour is yellowed, then add a cup of light-colored stock. Stir until the sauce boils, then strain, and add meat glaze to heighten the flavor a little, but not enough to darken the color. Stir in also two tablespoonfuls of butter, one or two tablespoonfuls of sherry wine, and a teaspoonful of lemon juice.

Robert Sauce for Fillet of Beef, etc.

Melt one-fourth a cup of butter, and cook in it an onion, chopped fine. When light brown, add one-fourth a cup of flour, and let cook until the flour is slightly browned. Then add one cup and a half of consommé (or broth made from beef, veal, chicken, and bit of ham), and a scant half a cup of tomato purée. Stir until the boiling-point is reached. Then strain, reheat, and finish with salt, two tablespoonfuls of butter, a tablespoonful of made mustard (not powder), the juice of half a lemon, and a tablespoonful of fine-chopped parsley.

Food and Study

A College Man's Experience

"All through my high-school course and the first year in college," writes an ambitious young man, "I struggled with my studies on a diet of greasy, pasty foods, being especially fond of cakes and fried things. My system got into a state of general disorder, and it was difficult for me to apply myself to school work with any degree of satisfaction. I tried different medicines and food preparations, but did not seem able to correct the difficulty.

"Then my attention was called to Grape-nuts food, and I sampled it. I had to do something, so I just buckled down to a rigid observance of the directions on the package, and in less than no time began to feel better. In a few weeks my strength was restored, my weight had increased, I had a clearer head, and felt better in every particular. My work was simply sport to what it was formerly.

"My sister's health was badly run down, and she had become so nervous that she could not attend to her music. She went on Grape-nuts, and had the same remarkable experience that I had. Then my brother, Frank, who is in the post-office department at Washington City, and had been trying to do brain work on greasy foods, cakes, and all that, joined the Grape-nuts army. I showed him what it was and could do, and from a broken-down condition he has developed into a hearty and efficient man.

"Besides these I could give account of numbers of my fellow-students who have made visible improvement mentally and physically by the use of this food." Name given by Postum Company, Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in packages.

Necco SWEETS

This is the mark that identifies pure confections. Not any kind in particular but all our confections in general. It is the new method of distinguishing all that is *pure*, *wholesome* and *satisfying* in candy. If you want sweets that will do you good, that are delicate in flavor and absolutely safe, look for the seal of Necco Sweets. For example, you will find it on

Lenox Chocolates

Most tempting in their variety of delicious flavors—by far the most exquisite chocolates you ever tasted. Is this protection not a valuable thing for you? Try a box of Lenox Chocolates and learn for yourself the meaning of Necco Sweets. For sale by all confectioners and druggists.

NEW ENGLAND CONFECTIONERY CO., Boston, Mass.

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New England Confectionery Co
BOSTON

There's
No Better Night-Cap.

BENSDORP'S

Royal Dutch

COCOA

Brings Restful Sleep. *Double the strength* of other cocoas, yet none are more delicate.

Send for sample

STEPHEN L. BARTLET
BOSTON
Ask for the YELLOW WRAPPER



Boston Brown Bread

(*Concluded from page* 397.)

diet, he determined to add it to his list of products as soon as he returned.

But let that go for a guess. We know that it was not until immediately after his return from the Canadian expedition that he asked permission of the selectmen to make and sell brown bread. The request was granted Jan. 9, 1746, and the next assay of bread posted by the authorities ends with this notice:—

"A six penny loaf [old tenor] of Major Thwing's brown bread that does not exceed one-fifth part Indian meal, or of any other person that bakes the like sort, must weigh eleven ounces, and larger loaves in the same proportion."

The price was a trifle less than that of the household loaf and a little more than the wheaten, and it met with immediate favor, being enjoyed by the wealthy and appreciated by the poor. On Oct. 5, 1748, wheat had advanced to sixty shillings (old tenor) per bushel, which price sent up the price of the "staff of life" as follows:—

	Ounces.	*Drams.*
One penny white loaf . . .	–	10
One penny wheaten loaf . . .	1	1
One penny household loaf . .	1	6½
Six penny white loaf	4	8
Six penny wheaten loaf . . .	6	6
Six penny household loaf . .	8	7

Major Thwing's brown bread had been reduced in weight more than one-half; *i.e.*, six pence for a loaf weighing five ounces and six drams.

Parliament at last came to the rescue of the colonists, and British gold was seen in Boston, sent over in settlement of an equitable claim, which the ministry recognized on account of the efforts of the Americans in a common cause. It was four years, however, before the distress was alleviated. The circulation of this solid medium of exchange created many changes in business, especially among the bakers; and they were compelled to bake loaves of bread to correspond with the value of the coins. It was now possible to obtain seven ounces of white bread for three farthings, when before that time the smallest loaf cost one penny. A four penny loaf of brown bread increased in weight to two pounds fourteen ounces and eight drams.

The town authorities were ever watchful of the bakers, and passed many laws regulating the business, which they enforced to the letter. In order to guarantee quality and quantity, bakers were compelled to stamp every loaf coming from their ovens with the first letter of their Christian names, and the first and last letters of their sirnames.

As early as 1681 a law was passed authorizing the selectmen of each town to regulate the price of bread. Several times each month a schedule, giving the weight and price of bread as based upon the current market quotations of breadstuffs, to which was added four pence per bushel for the baker's profit, was posted in the town house, markets, and every bake-house. It was the duty of the clerks of the markets to see to it that those laws were enforced.

For years Major Thwing had a monopoly of the brown bread business in Boston; but in time other bakers made and sold it. Up to 1763 all were compelled to use the same proportion of Indian meal; but at that date the law required brown bread to be made of

To destroy disease germs and foul gases, the waste-pipes, sinks, closets, cellars, and every suspected spot should be regularly purified with

Platt's Chlorides

The Odorless Disinfectant.

Sold in quart bottles only, by druggists and high-class grocers. An illustrated booklet with valuable sanitary hints mailed free.

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Quilted Mattress Pads

¶ Money spent wisely means comfort and pleasure to the spender. You go to bed to rest. Quilted Mattress Pads will make your bed comfortable as well as keep yours and baby's bed in a perfect sanitary condition.

¶ The cost is small, and when washed they are as good as new.

¶ Ask your dry goods dealer.

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Our Success
is
Real Merit



and that merit is an element in the success of more than a million housekeepers who use

ELECTRO Silver Polish SILICON

We are helping to make successful housekeepers every day by saving their Silver and labor. May we not serve you? Simply send your address on a postal.



At Druggists and Grocers everywhere. Full sized box postpaid 15 cts. (stamps).

Electro-Silicon Silver Soap for washing and polishing Gold and Silver has equal merits. 15 cents.

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SYLMAR OLIVE OIL
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Sylmar Olive Oil was awarded the Grand Prize (highest award) at the St. Louis World's Fair in competition with all other olive oils. It is the natural oil of olives, to which nothing has been added, nor anything taken away. Guaranteed pure. It will keep longer than any other oil without turning rancid. We own the ranch, the trees, and the mill. We produce this oil under the most favorable conditions from the finest ripe olives grown.

Sylmar Olive Oil retains all the rich, fruity flavor of ripe California olives, and is most palatable. Sylmar Olive Oil is absolutely the finest article of its kind that can be produced, and can be purchased with the confidence that every bottle will stand the most rigid chemical analysis and be proven absolutely free from adulterants.

$3.00
EXPRESS PREPAID



Natural Oil of Olives Perfected from "Blossom to Bottle" on the Largest Olive Ranch in the World.

Send postoffice or express money order for $3.00 for three quart-size bottles, and we will deliver them to you express prepaid. Give your grocer's or druggist's name, and we will offer him the agency.

We publish a booklet containing physicians' directions for medicinal uses of olive oil, cooking receipts, government recommendations, descriptions of our process, and directions for detecting adulterants in olive oil. We will send this booklet and a sample bottle of the oil to any address for 10c. postage.

Two tablespoonfuls of Sylmar Olive Oil contribute more nourishment than a pound of meat, because it is wholly assimilated without taxing the digestive organs. The body is a machine which must be lubricated in order to run smoothly and be vigorous. Eat natural olive oil freely and pay the doctor less.

Los Angeles Olive Growers' Ass'n, 314 Bradbury Bldg., Los Angeles, Cal.

three parts wheat and one part of rye meal. In 1764 a new kind of brown bread or corn bread came into favor. It was made of one-half Indian meal, and was the cheapest bread in the market, costing but four pence for a loaf weighing four pounds and eight ounces. In Jan. 3, 1753, another innovation was made by Major Thwing, he being granted the privilege of baking wheaten bread that was to weigh six ounces more than a four penny white loaf of the same price.

Major Thwing owned a large tract of land between Water Street—Horn Lane, formerly called Tanners Lane, and, before the fire of 1812, Bath Street—and Milk Street, now the site of the post-office, in which stood his bake-house and ovens. He was the father of fourteen children. He died in 1768.

American agriculture certainly needs diversification. Nut culture is beginning to attract some attention, and certainly ought to attract more. The chestnut, for instance, is valuable, not only in reclaiming waste lands, but because there is never enough of this nut to supply the market's demands.

Visitor: "My good man, you keep your pigs much too near the house." Cottager: "That's just what the doctor said, mum. But I don't see how it's a goin' to hurt 'em!"—*Punch*.

The Economic Value of Domestic Science

(*Continued from page 375.*)

domestic science waitress course presents an ideal of a clean and orderly table: it assumes that the family will meet at definite times to partake of good food in good humor and good form. But are these economical factors in social life? Certainly. Mr. Robert Wood told settlement workers, in a recent address, that the health and character of the people in our crowded cities was most necessary to better economic conditions. Political economists have always placed a high standard of living as one of the most effectual economic forces.

The larger the family income, the smaller per cent. of it is spent on food. Dr. Carroll D. Wright, United States Commissioner of Labor, estimates that in the year 1890 15,000 persons in the United States, whose earnings averaged $400 per year, spent one-half of it on food. Mrs. Richards tells us, on the contrary, that families with incomes of from $1,200 to $2,000 per year spend not more than 25 per cent. of it on food. Because cooking is the oldest of the household arts, the average well-to-do family has to-day fairly wholesome food. The economic problems of the housewife having command of $3,000 a year are different from those of the wage-earner's wife, since she



Lea & Perrins' Sauce

THE ORIGINAL WORCESTERSHIRE

Indispensable as a seasoning for Soups, Fish & Gravies

JOHN DUNCAN'S SONS, Agents, New York



PETER COOPER'S

CLARIFIED

GELATINE

FOR WINE JELLIES
BLANC-MANGE
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An 8-cent package
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Cheapest and best.

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DELICIOUS DESSERTS

The daily table demands more than the March markets afford. What then?

Welch's Grape Juice

As fresn, pure, and invigorating in March as in October. Makes the most delicious desserts, sherbets, and ices. Unfermented, unadulterated, unchanged. Keep Welch's Grape Juice in the kitchen, and you will never be at a loss for a table delicacy.



Welch Grape Juice Co.,
Westfield, N.Y.

Sold by most druggists and grocers. In ordering, it is worth your while to specify Welch's. If your dealer cannot supply you, send $3.00 for trial dozen pints, express paid east of Omaha. Booklet, with delicious recipes for beverages and desserts made from Welch's Grape Juice, free. Sample 3-ounce bottle, by mail, 10 cents.

"The Perfection of Olive Oil"



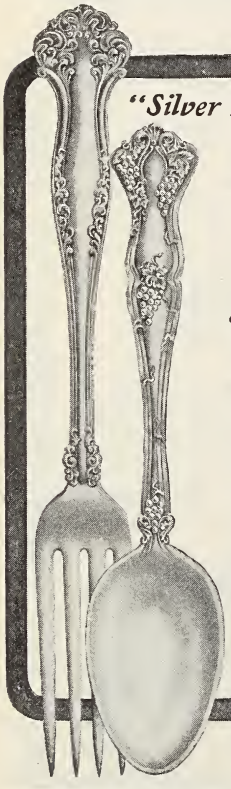
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FOR SALADS, TABLE AND MEDICINAL PURPOSES

SOLD IN BOTTLES AND TINS OF VARIOUS SIZES

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"Silver Plate that Wears"

For beauty of design, careful manufacturing, brilliancy of finish and long wear.

"1847 ROGERS BROS."

spoons, forks, knives, etc., are unexcelled. Recognized as the highest standard of Silver Plate excellence.

For sale by leading dealers.

Send for **New Catalogue** "Q-9" to aid in selections.

MERIDEN BRITANNIA CO., Meriden, Conn.
(International Silver Co., Successor.)

controls a larger and more complex establishment, and has less need to economize in her food fund.

The complicated steam or hot-air apparatus, the electric connections for heating, lighting, and the running of the household machinery, the intricate system of gas and water pipes, the hard-wood floors and expensive rugs,—these, and a hundred more items, fall properly under the care of the active modern housewife. She has need to understand the physics of the heating apparatus, both to choose the one best suited to her house, to provide for the control of a proper temperature, and to care for all its needs. She must have some idea where and how the sewage pipes are laid, if she properly regards the health of her family. She must be capable of judging what wood will be best for the drawing-room or the nursery floor, and of directing the care for each kind when laid. She must possess technical knowledge and be an economist of labor, to appreciate that it is more expensive to buy a tough piece of meat, costing little per pound, and requiring hours of preparation, than a quickly cooked but high-priced beefsteak. She needs her art at her fingers' ends.

But her responsibility and influence are not confined to her own home. The sanitary and hygienic movements in our cities and towns are rightfully falling under the influence of the higher classes of women. Sanitary science, or health-keeping and health-recovery, belong properly and peculiarly to the household, and fall within the domain of domestic science, both as science and art. These apply as truly to the poor as to the well-to-do, but the higher classes must give impetus to forward movements by creating a practical ideal and by specific advice and support of enterprises and efforts for the diffusion of knowledge.

The well-trained housekeeper, if a graduate in domestic science, will not be imposed upon by the plausible food



The Girl in the White Cap

Every housewife should be acquainted with the Girl in the White Cap and her painstaking work in the Home of the 57.

In the spacious, finely-lighted, perfectly-ventilated Heinz Kitchens many hundreds of these neat, tidy, cheerful workers, daintily uniformed in aprons and caps of snowy white, co-operate with marvelously efficient methods and equipment in preparing pure food for the finest homes in the land. Why not let the Heinz Kitchen be *your* kitchen—and thus save a vast amount of work and worry in setting your table, at the same time retaining every quality of cleanliness, purity and home-made goodness. This is what is offered in each of the

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Each year we welcome 25,000 visitors who come on all days and at all hours to marvel at the thoroughness, the precision, the care that attends every detail of the Heinz Way of doing things. Can you come? If not, let us send our beautiful booklet, "The Spice of Life," picturing and describing the largest pure-food kitchens in the world.

Your grocer sells Heinz products. Acquaint yourself with them by trying the delicious Baked Beans (three kinds), Fruit Preserves, Sweet Pickles, India Relish, Tomato Chutney, Ketchup, etc.

H. J. HEINZ COMPANY, Pittsburgh, U. S. A.

TEACHERS of COOKERY and Graduates of Cooking-schools will confer a favor on us by sending us their address, as occasionally we have calendars or souvenirs to send out, and we are anxious to complete our list of names of experts interested in **JUNKET for Dainty Desserts and Ice-cream.**

CHR. HANSEN'S LABORATORY,
Little Falls, N.Y.

Exquisite Winter Desserts and Delicious Ice-cream quickly made with Junket Tablets

We send ten tablets to make ten quarts on receipt of ten cents and the charming booklet, "Junket Dainties," free.

Chr. Hansen's Laboratory,
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advertisements now current in our newspapers. She will insist upon and be able to pass judgment on tests as to the purity and the worth of purchased foods, soaps, etc. She will be able to discriminate between so-called "gluten" flours, and will know enough chemistry to demand and comprehend trustworthy chemical analyses. In all this she is not only dispensing her income in the best and wisest way, but she is also a teacher and educator. All who come in contact with her household are being instructed in practical domestic science, as truly as those attending public classes in cookery and home economics.

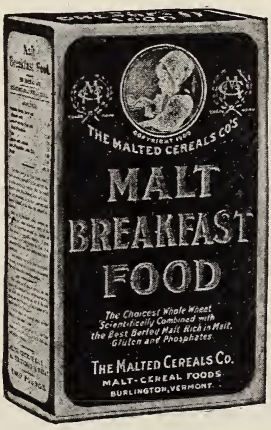
Institutional life may be regarded as a larger home life, and affords even larger fields for economies. In these larger spheres numerous economies, useless in small housekeeping, easily become important savings. Trained judgment insures economy in buying here far better than in the average home, and wiser utilization of articles purchased. Here a thorough knowledge of standards of living comes into use. These will differ greatly in the insane asylum, the poorhouse, or the orphan asylum. A thorough understanding of the processes of nutrition of the body will bring about advances in the utilization of cheaper forms of animal proteid. But this is not enough. The needs of the invalid and the aged, the weak and the growing, all fall properly to the care of the trained domestic science economist. She will discriminate, as must the smaller housekeeper, as to when it is an economy to buy high-priced articles and utensils, and when lower-priced. She will be able to educate her workers and to plan their work economically. But, to do this, she must herself be familiar with all the processes of the larger housekeeping.

In Russia, where the household is the centre of a large estate, the Russian women of the higher classes have had to meet problems threatening to



MALT BREAKFAST FOOD

You do not know the real taste of wheat unless you have eaten Malt Breakfast Food. The Malting Process used exclusively in producing Malt Breakfast Food makes all the wheat digestible. Ordinary milling does not. The part usually lost contains essential food properties, and MOST OF THE TASTE, which is developed fully by the Malting. This produces the richest flavor and the fullest nourishment that wheat can give. Best for children. Best for invalids. Best for strong folks. Cooked in your own kitchen and served, a hot, delicious, appetizing "porridge," whose flavor alone will win your favor.



FOR YOU! Our "Little Dutch Girl" Doll

We would like to send you, for the child you love best, "GRETCHEN," our 8-inch cloth doll. We offer this to secure the full name and street address of your grocer and to know if he sells **Malt Breakfast Food.** Ask him. Then write and say, "I would like the doll. My grocer's name is———, address———. He does $\frac{\text{Yes}}{\text{No}}$ keep **Malt Breakfast Food.** Sign your name and address. That's all. Then we will send the doll.

GET THE DOLL NOW! We will show you how to get **Malt Breakfast Food** wherever you live, without trouble, and enclose our guarantee to return your money, if you want us to, after you have eaten one package of genuine Malt Breakfast Food. Ask your grocer, but get the genuine, with the "LITTLE DUTCH GIRL" *on the package.*

A Standard for Years with a Flavor all its own.

Makes perfect whole wheat bread and delicious gems, desserts, rolls, cookies, pancakes, "mush," etc.

More breakfasts to the pound than any other cereal; two pounds to the package, fifteen cents. (or twenty cents west of the Rocky Mountains and in Canada). Address Dept. L

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Prepared for market in the cleanest, best lighted, best ventilated coffee establishment in the world, where *automatic machinery* working in *pure air* and *sunlight* handles the coffee *without the touch of a hand* from the bag of import to the

Sealed Air-Tight Cans

in which it reaches you. "White House" is composed of the finest coffees that grow, and its blend is the result of fifty years' experience. "White House" is not for those who will drink anything called coffee, but for *discriminating people* who *care* — people who want a *pure* coffee with a rich, rare flavor that is satisfying.

The Best of the Best

yet it is not extravagant in price — in fact, quality and strength considered, it is the most economical coffee you can buy.

BEST GROCERS SELL IT.
If yours hasn't it, write us.

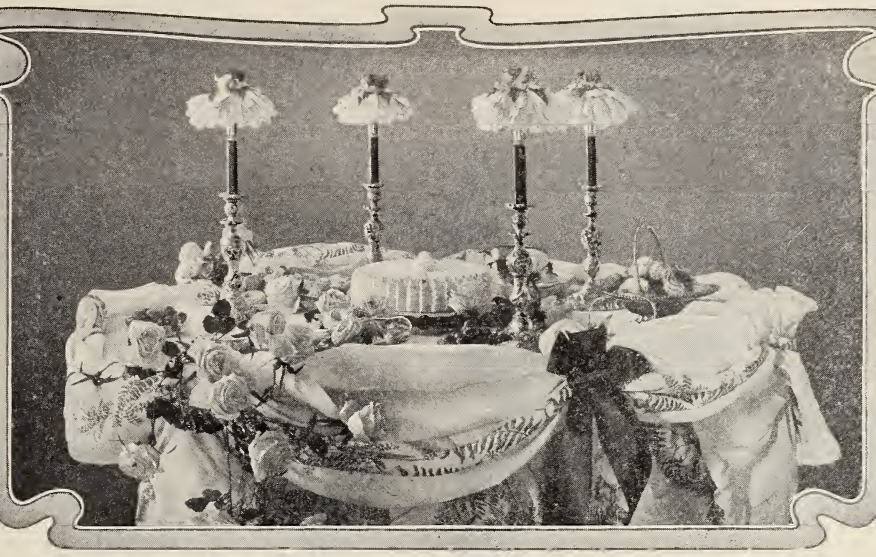
FREE OFFER.

If you'll send us your name and address *together with the name of your grocer*, we will mail you, prepaid, a copy of our book, "Story of the White House" — a very beautiful publication giving exhaustive information about the home of our Presidents, at Washington — matter never before published.

DWINELL-WRIGHT COMPANY,
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bring ruin to their families. The freeing of the serfs greatly affected the revenue of many estates. Not a few of the Russian nobility still live on the brink of utter financial failure, their estates being mortgaged far beyond their value. The daughters of the nobility have thus been induced to finish their education by a year or two in one of the so-called Russian "dairy schools." The instruction in these schools is very thorough, and in several, especially in the government of Courland, embraces almost every subject that can be of use to a Russian farmer's or land-owner's wife. We find trained women, graduates of these institutions, on their parental estates directing the peasant women's work in the dairy and the kitchen. Not a few estates are thus enabled to produce excellent imitations of French, Swiss, and other varieties of cheeses, which are largely exported, rendering the Russian farm a dangerous competitor of the Dutch and the British. To maintain the excellence of these products requires the strictest supervision on the part of the young head of the dairy department. And yet, this same young woman, who during the summer, instructs the stupid peasants in the first rudiments of making cheese or of drying fruit, is to be found during the winter season in St. Petersburg's inner social circles, apparently but a butterfly of fashion.

These Russian dairy schools teach such a variety of technical subjects necessary to the efficient management of an estate that it is usual for the several daughters of a family to choose separate and special courses, fitting each to superintend some department or departments of the farm work. The dairy schools of Denmark have also contributed greatly to the ability of that small country to compete with larger agricultural countries of the world Denmark butter-making, thanks to science in her schools, has been carried to a high art.



Your Friends and Your Table

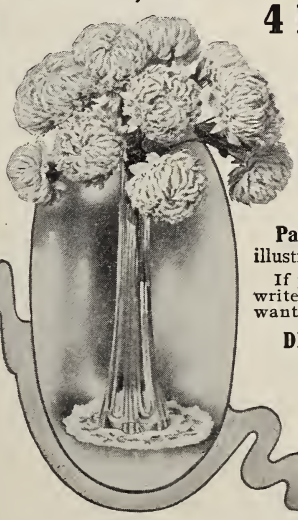
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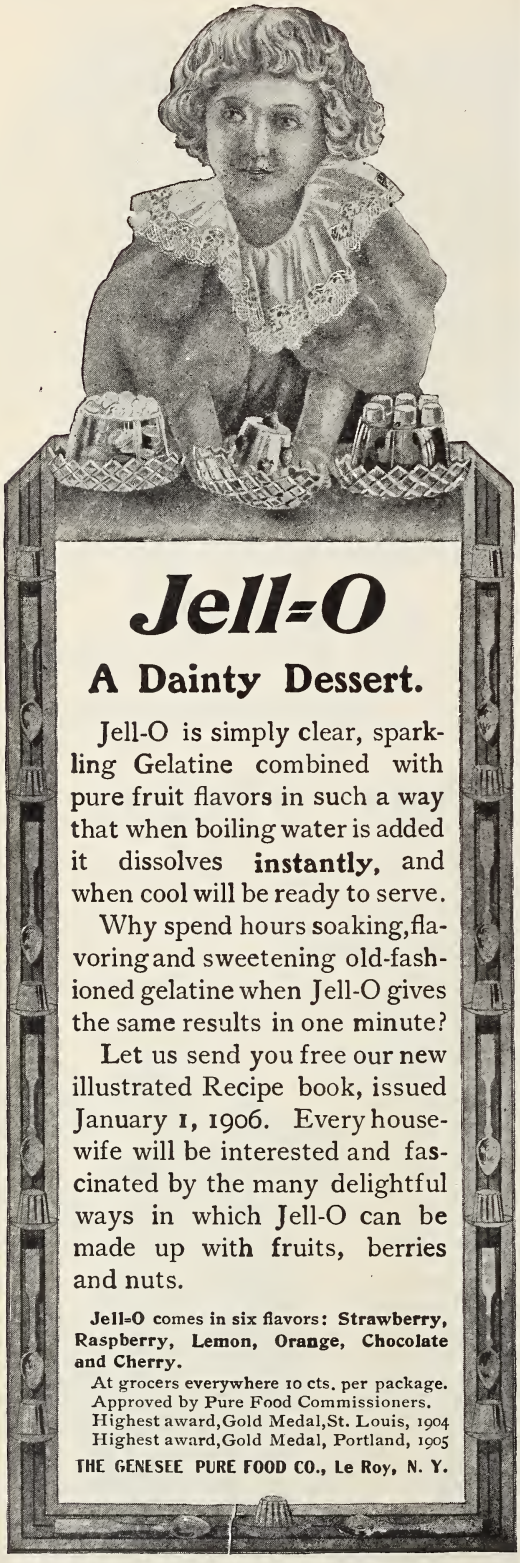
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Discrimination in the Use of Salt

Samuel G. Tracy, M.D., of New York, sounds a note of warning as to excessive use of table salt, especially when there is any affection of the kidneys. In a communication to the New York *Tribune*, Dr. Tracy says it has been demonstrated by well-known physiologists that only small amounts of sodium chloride (common salt) are essential for the well-being of man. Bunge claims that a person using a mixed diet requires only from one to two grammes (fifteen to thirty grains, daily. However, most people consume excessive amounts,—from 150 to 300 grains.

Professor Widal found that, when a patient who had nephritis, or kidney disease, was given ten grammes (140 grains) of sodium chloride (common salt) for several days, he increased in weight, due to dropsy produced by the salt. Professor Widal made the dropsy appear and disappear at will by increasing or withdrawing the use of the salt.

Refraining from a too strenuous life, and the avoidance of excesses, particularly in diet, alcoholic drinks, and common salt, will do much toward the prevention of diseases of the kidneys. The reason why a person who has nephritis should use but little common salt is because the excessive use of it produces dropsy, and retards the activity of the sweat glands by increasing the osmotic pressure of the blood.

Two grammes (30 grains) of salt are a great plenty for the average person. Milk contains from 1.2 to 1.7 grammes per litre (little over a quart). 100 grammes of bread has an average of 1.3 grammes. 100 grammes of beef has about 1.15 grammes. Professor Widal, who is recognized a European authority on this subject, recommends the following daily diet in kidney diseases: four hundred grammes (about 12 ounces) of meat, 1,000 grammes (about 1¾ pounds) of potatoes, 100 grammes (about 3 ounces) of sugar,



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"Oh, don't bother at all, Mrs.," replied the quick-witted Irish maid. "Just go and sit in the parlor wid your company, and let me manage. Only," she added, "please don't be surprised at anything."

Mrs. F. gladly consented, and, when the luncheon was served, she unflinchingly partook of her plate of consommé (smoking hot tea), while the soft shell crabs, cooked to perfection on her guests' plates, were replaced on hers with potato well browned. Her friends warmly congratulated her upon her cook, which sentiment she echoed.

The soup had been brought on, and the wife of the host was apologizing for it. "I am afraid you will find it seasoned too highly, Mr. Jones," she said. "I tell Susan every day of my life not to use so much salt and pepper in her cooking, but it doesn't do any good." "The soup is all right, Mrs. Irons," the guest hastened to assure her. "It's exactly Susaned to suit my taste."— *Youth's Companion.*

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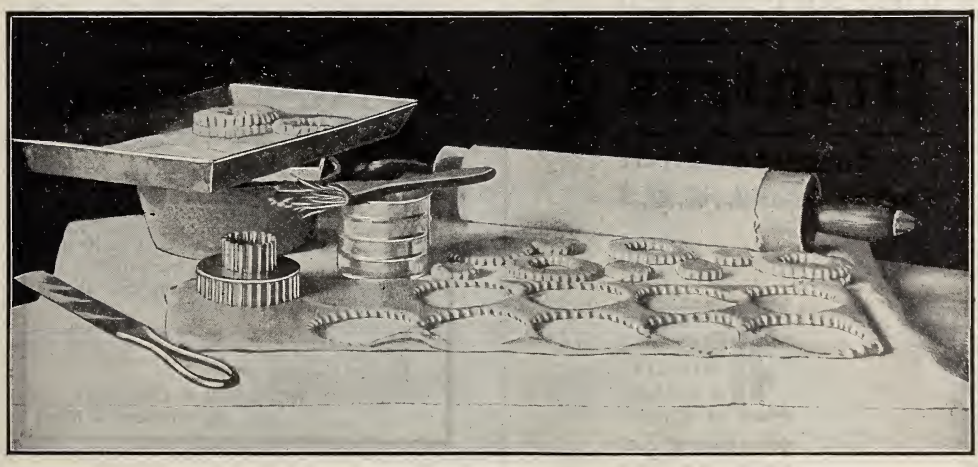
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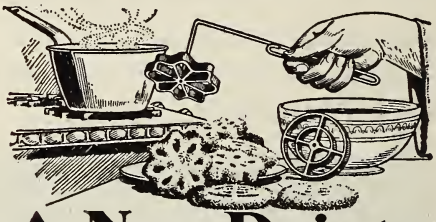
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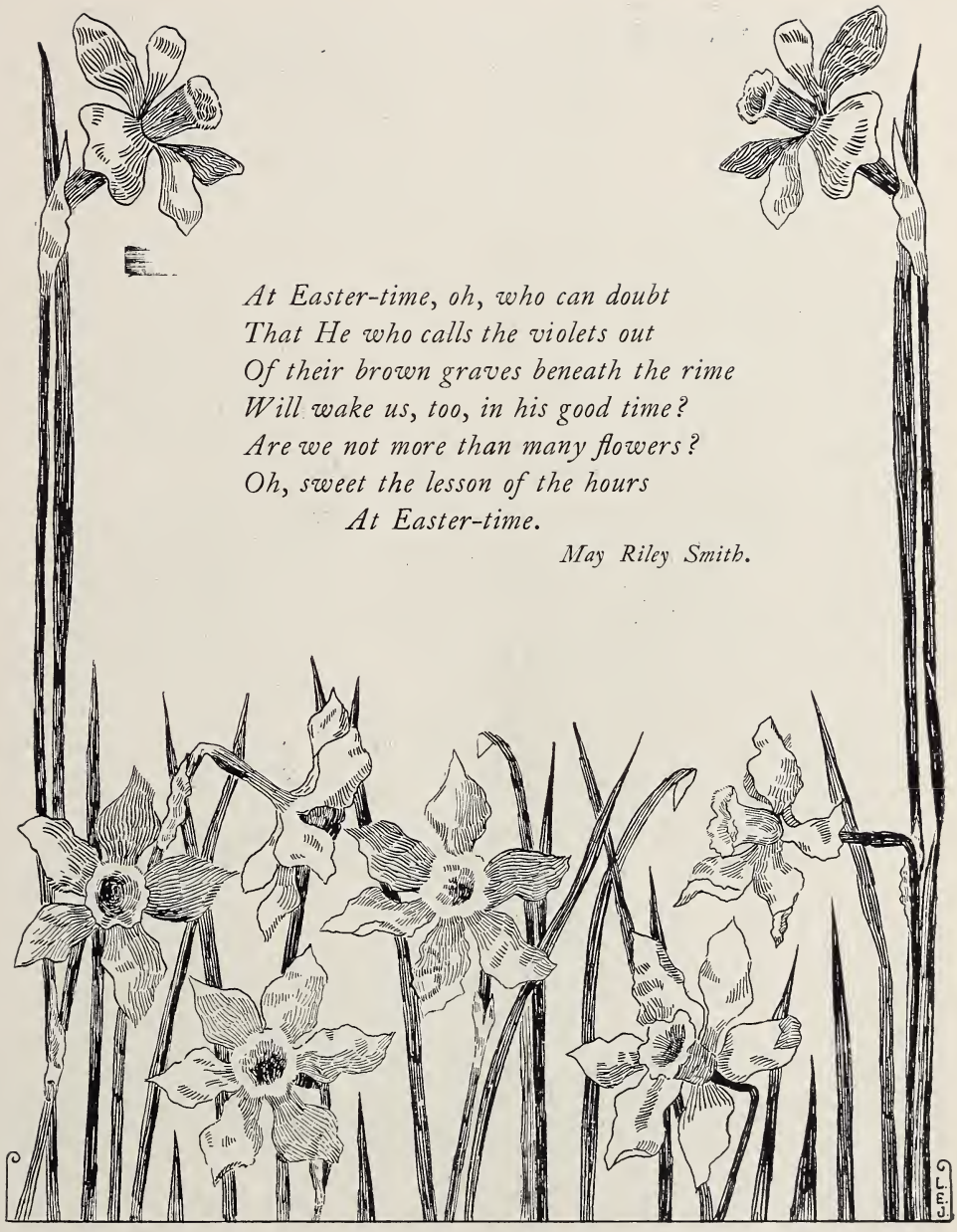
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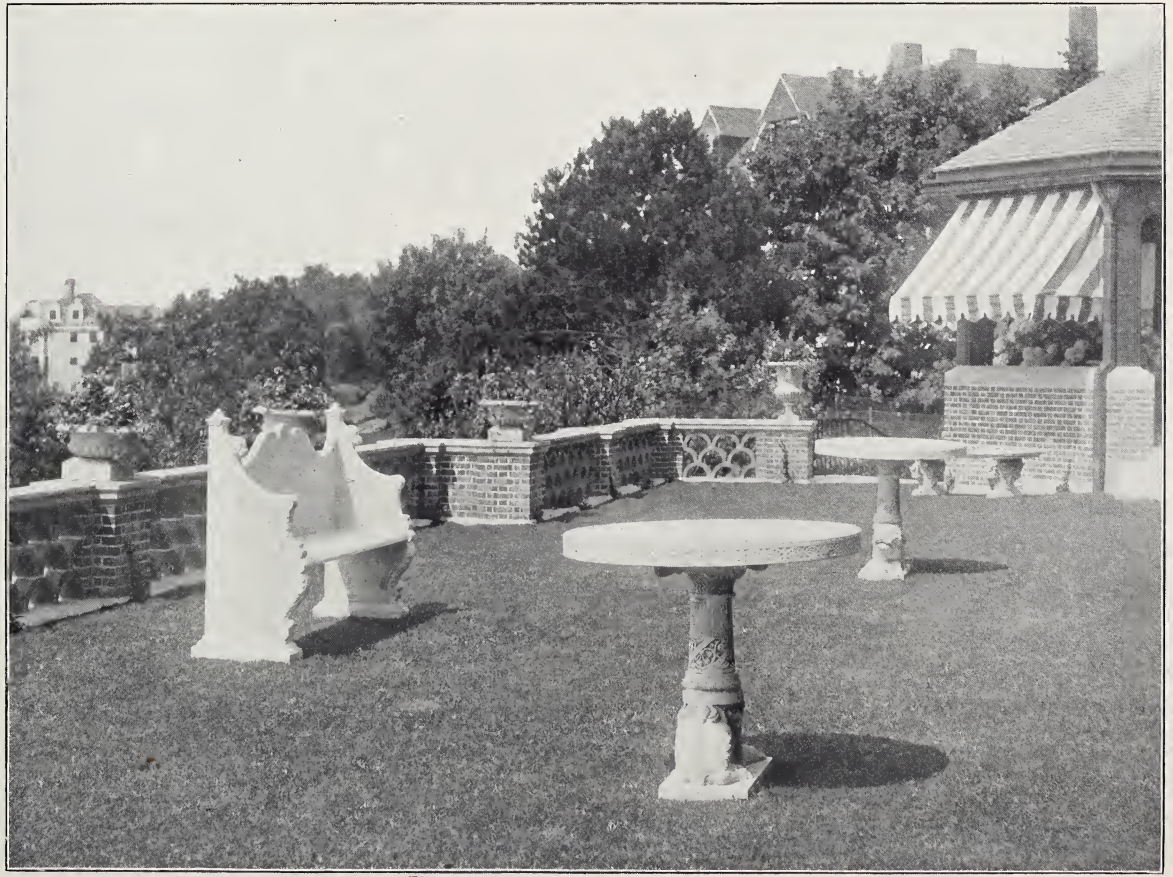
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That He who calls the violets out
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Are we not more than many flowers?
Oh, sweet the lesson of the hours
At Easter-time.

May Riley Smith.



TERRACE AT EBEN D. JORDAN'S HOUSE, WEST MANCHESTER, MASS.

The

Boston Cooking-School Magazine

Vol. X. APRIL No. 9.



Mrs. D. C. Percival's Veranda at Marblehead, Mass.

Some Interesting Verandas

By Mary H. Northend

PROBABLY the present and ever-increasing desire for out-of-door living has had much to do with the evolution of the veranda, and helped to make all the difference between the narrow, covered platform, or diminutive porch of former days and the handsome, large, partly shaded rooms which are seen on summer residences, and are called by that name. Especially true is this of those houses erected by the wealthy colony along the now-famous North Shore of Massachusetts. Its members have changed this from the dwelling-place of simple fishermen and farmers into a picturesque locality with luxurious homes.

The verandas on these houses are often oddly constructed, sometimes fitting a bit of the front or jutting out



Veranda of Mrs. John C. Phillips' House at Wenham, Mass.

from some nook in an artistic manner, and they are built as carefully as the house itself, and always with an idea of the architectural effects to be gained.

The furnishings of these out-of-door living-rooms are as carefully selected as are those of "my lady's chamber" or of the drawing-room. Simplicity reigns, but it is combined with an exquisite taste, which makes this entrance to the house as attractive as any room within. The floors are of highly polished wood, cement, or brick, and are often covered with rugs, whose bright colors add to the beauty of the whole.

Tea tables are frequently seen on verandas, where the favorite beverage is served every afternoon; for these cool, outdoor rooms catch every breeze from the ocean, and are the pleasantest places possible during the heated term.

Raffia, willow, hickory, and rattan, all are good for furnishings, as they are proof against dampness and are not injured by sudden showers. Sometimes, however, the verandas are furnished in colonial style, with a settle added to complete the idea. A seat with a high adjustable back that can be converted into a table for an impromptu meal is an advantage, while a little serving table is a pretty addition, and gives a homelike air to the place.

Rugs are used in great variety, the favorites being Japanese cotton rugs that can be easily washed. Then there are the matting rugs in Japanese and Indian weaves. Mats of reeds and of rushes are effective, but these must be taken indoors at night, if one wishes to keep them more than one season. Rag mats are again in favor. These are artistically woven and dyed, and give a pleasing result.

Hanging baskets add much to the beauty of a piazza. They can be filled with a variety of plants, ferns, and hanging vines. The Madeira vine, the English ivy, the periwinkle, and the joint vine are all beautiful and graceful for this use. Some pretty effects are obtained with the oxalis.

The veranda of Mr. David C. Percival, at Marblehead Neck, Massachusetts, is furnished very simply, but it has picturesque stone abutments supporting the roof. Inside are comfortable chairs and tables, as well as attractive

hammocks with luxurious cushions suggestive of comfort and repose.

Mrs. John C. Phillips, whose stately home is on the shore of Wenham Lake, has an interesting veranda at the front of her house. It has a tiled floor. It ends in front in a stone terrace with cement facing, and artistically placed everywhere are fragments of Italian marble in the way of vases and flower-pots, the latter filled with ornamental plants and trees.

Out of the ordinary is the court-yard and semicircular porch at the home of Eben D. Jordan, at West Manchester, Massachusetts. The court is finished in brick laid in white mortar, and shows a curbing of stone. Ornamental tiling is a feature of this wall. Here and there are Italian vases, filled with bright flowering plants, while one is carried back to sunny Italy by the seats and tables picturesquely placed about the terrace. The porch is lined with hydrangeas, and shaded by an awning.

Unique and distinct in treatment is the piazza at Miss Francis H. Stearns's villa, at Magnolia, Massachusetts. This is in the modern Italian style, with a slight Spanish feeling, and there is a suggestion of the chateau country in France. The piazza is covered, showing lattice-work in the archway and sides. The furnishing is in raffia, with tiny tables. The veranda overlooks a formal garden, which is flanked on either side by ornamental bay-trees. Grecian vases line the steps that lead to the entrance. The floor is covered with bright rugs, and light is afforded after dark by electric arcs overhead.

Garden and veranda seem to belong, as it were, the one to the other, and this out-of-door living-room, which is the meeting-place for family and guests, would seem a very tame affair, were it bounded solely by sea and by sky.

It is a mistaken idea to believe that everybody cannot have a piazza, for a few boards, posts, and a little timber are not very expensive, and it never fails to bring health and enjoyment to hostess and guest.



Veranda at Summer Home of Miss Frances H. Stearns, Magnolia, Mass.



Sewing Class of Indian Girls

Estelle Reel and her Work for the Red Men

By Katherine Louise Smith

A WOMAN of wonderful versatility is Miss Estelle Reel, National Superintendent of Indian Schools. As head of this vast educational system, she has displayed marked ability, due undoubtedly to her experience as State Superintendent of Public Instruction in the State of Wyoming. Over three thousand teachers are employed in educating the Indian for citizenship, and Miss Reel has entire superintendence of the work.

Of interesting personality, tall, well-proportioned, and with a countenance that lights up with enthusiasm as she talks of her work, it is interesting to learn from this energetic woman's own lips the story of her travels by land and water to reach the various agencies. Some of these sound like fairy tales, for most of her time is spent in the field; and, as Congress has a *penchant* for appropriating funds for the erection of schools in almost inacessible places, her journeys are arduous in the extreme. Many of the schools are far away from railroads.

In starting on a journey, Miss Reel provides herself with a short dress and leggings, which are strapped to the knees. These, when necessary, take the place of her conventional traveling costume. Other impedimenta are a pharmacopœia containing all sorts of simple home remedies, as she often has to take the place of a doctor, and many boxes of insect powder and disinfectants, as the Indians are far from cleanly. Often she rides on mule-back through the regions difficult of access, and sometimes it requires the utmost urging to get the mule to advance.

"My most difficult journey," says Miss Reel, her eyes sparkling with the reminiscence, "is to the Yava Supai tribe in Arizona. These are remnants of the cliff-dwellers. They live

in queer houses much like those of their ancestors, and, to reach them, I am obliged to float down the Colorado River on a barge for days. I am always met by two Indians, who manage the barge and in every way try to make the journey easier for me, but at the best I can carry no clothing, and am subjected to the rays of the sun. I usually put a clean collar and handkerchief in my shirt-waist, and have rigged up a stationary umbrella. The Indians are faithful and good, but, I must confess, I am glad when the journey is over."



Wheelwright Apprentice

"However," continues Miss Reel, laughingly, "there is an amusing side as well to my work. Only a short time ago I saw twenty squaws seated in front of a building, diligently at work combing as many children's heads. Investigation proved they had been reprimanded for sending their children to school with uncombed locks, and so had taken the opportunity to assemble in a conspicuous place, that there might be no question as to whether it had been done or not that morning."

In spite of public opinion to the contrary, Miss Reel thinks that smallpox and consumption spread rapidly among the red men, and she is strenuous in her efforts to teach them the value of better conditions. At one reservation, which she reached after a day's journey, she asked to see the chief braves. "In spite of the fact that I was expected," says the superintendent, "I was kept waiting so long that I finally inquired the cause for their non-appearance. I was informed that it was due to their making elaborate toilettes; and, when they appeared, feathers were supplemented by daubs of red paint, which had been laid thickly on to conceal pox-marks.



Teaching Gardening

"This clinging to old customs, especially among the women, is one of the hardest things that have to be combated; and, of course, we find that those tribes situated nearer civilization adopt new manners more readily than those away from railroads. In some reservations it has been a

hard fight to get the Indians to bury their dead, but this has gradually been accomplished by the use of diplomacy, and it is a sad sight to see the little red papers, which contain chewing gum, sticking up around the graves and peppering them on top. In providing food and water for the departed loved ones, this is never forgotten, for the Indian is anxious to give to his dead what seems to him one of the delicacies of civilization."

It is the aim of those interested in the Indian to bring to the front the handicrafts of their ancestors. A call has been issued for the oldest basket-weavers and pottery-makers of the various tribes to assemble at the nearest schools, that they may be engaged to teach the young Indians the symbolism and handicrafts of their tribes. The cultivation of these arts, which have been known to the Indians for generations, ought to assist in making the young Indian self-supporting, since the craze for Indian work has become general.

Unfortunately, the Indian has learned from the white man the use of aniline dyes and Germantown wool. The teachers are trying to discourage this in every possible way. "I try to encourage the old squaws," explains Miss Reel. "Only a short time ago I saw one making a basket. As she acted strangely, I approached near enough to see that she was using aniline dyes. I told her that would never do, and offered to pay a good sum for the next basket she did in which she had used the old vegetable dyes."

Other industrial work taught the Indian children are farming, gardening, care of stock, and use of tools for the boys, and sewing, knitting, ironing, and washing for the girls. Uncle Sam provides liberally for the children, and gives them three uniforms, one for work and play, one for the schoolroom, and a "Sunday best." Good wholesome food appears on the tables, and turkey dinners mark the holidays. As English is frequently an unknown tongue to the Indian on entering the schools, the children have to be taught the language. They learn it with aptitude, however, and that they differ little from other children is seen in the sentiment expressed by one boy, who wrote in a composition, "I would rather have to eat turkey every day than gravy."



Candy Boxes with Dolls dressed in Crêpe Paper

Rachel Tremlin: Banquet Supervisor

A Story in Three Chapters

By Frances Campbell Sparhawk

Chapter III

SHE clasped me in her arms. "You dear, precious Rachel! How lovely it is to hug you! It's years since I have done it; and you've been growing so dignified and haughty, while I'm just the same goosie as ever."

But for the moment I was sobbing with joy, like the "goosie" she called herself.

"Let them alone!" announced Mr. Frankland. "They're just two school-girl lovers. They'll have to get it over by themselves." And he presented Mr. Hamlin.

After a moment I introduced my visitors, who were effusive to Mrs. Reginald. It happened that they did not go before Helen's questions and reminiscences had been poured out upon me. "And how is your lovely mamma, Rachel?" she cried, "the daintiest lady that ever walked the ground,—a genuine patrician, and she looks it. So does— Dearie, go and ask your mother if she will see me? If she's lying down, let me run upstairs and speak to her. I must tell her how glad I am to see her again."

When I returned with mamma, I judged that Helen had been singing my praises, for Maud and Miss Long took leave in a subdued manner, and, for once, without reminding me by some banality that the visit had been one of business merely.

"Dear Mamma Tremlin," said Helen, in an audible whisper, "our Rachel has grown more beautiful than ever; and she has her mother's grand air."

Helen insisted upon taking me home with her to see the house. "We shall not have much of a dinner, for everything is in confusion," she said. "But you won't mind. We'll make it up in talk." And she laughed as merrily as if she were still a school-girl.

In luxurious easy-chairs in Helen's boudoir, carried back to school-days, we reviewed their amusing and tragic episodes, and laughed over both alike.

"So you've become a woman of business, Rachel," said Helen at last. "My brother thinks your spirit and nerve are something remarkable, here among the young people where you've been a social leader. I hope they're nice to you. For you're superb, chockful of energy and pluck."

"How do you like Nat?" she asked me ten minutes later.

"Very much, indeed," I answered cordially. I could see that she was looking at me out of the corner of her eye. But she said nothing more than that she was very glad.

We talked over the people who would be sure to load Helen with attentions, but I did not show her the seamy side of them. "I shall have to invite these people back again, you know, Rachel," she said, after we had been talking over the gayeties in preparation for her, "and I shall depend upon you to help me out. May I not, dear?"

I hesitated the merest instant. I had not thought of this. "Indeed, you may," I answered. She gave me a keen glance, and smiled. I smiled back, but the mirth did not go down to my heart.

Mr. Frankland and Mr. Hamlin were the best of company, and we had a merry dinner. Helen and the two gentlemen drove me home. They came in, and we had a song or two. Helen has a beautiful voice.

Mrs. Reginald's arrival brought a fresh round of gayety. My services were in constant requisition, but I myself was as much in oblivion as ever. One morning she came to me.

"I'm going to pay back the invitations I've had already, and get them off my mind," she said; but she laughed as if these were not a heavy weight. "And now, dearie, I hold you to your promise to help me out. What is the best day for you?"

I turned cold. All that I had gone through in the months before had been nothing to this ordeal. "How would you like a week from to-day?" I asked. "I shall be free then, and will do my best for you. Only give me a hint of what you would like."

"What!" she cried. She sprang up and caught me by the shoulders, and anger and scorn were in her face. "Are you so spoiled by losing your money as to think everybody a cad? Do you imagine you are to sit behind a screen in *my* house, Rachel Tremlin? What *should* I want you for but to help me entertain my guests at my table?"

"Forgive me, Helen. I really think I *am* spoiled."

"Oh, poor child! Poor darling!" And she put her arms about me. "Such a hard time as you have had! I don't mean working, but I know how it is. But—but you won't have it at my house," she finished, the dimple that so adds to her charm sinking deep into her cheek.

I had a beautiful gown for Helen's dinner, and I wore my diamonds, which I had not had on since mamma and I had lost our money. As I was standing in the drawing-room before dinner, a honeyed voice behind me said: "Will you tell me, please, the subject of that etching on the wall beside you? I admire it so much."

I turned. It was Mrs. Heritage, desiring to scrape acquaintance with Mrs. Reginald's distinguished guest. As I told her she, retreated precipitately, murmuring her thanks.

It was a red-letter day when Helen came to lunch and brought the children. Mr. Hamlin was away, and Mr. Frankland begged an invitation because he should be so lonely. After lunch, when the nurse had taken the little ones home, and Helen settled for a talk with mamma, Mr. Frankland. said to me, "Shall we have a little music, Miss Tremlin?"

As he escorted me across the large room to the piano, his eyes were like stars, and his whole manner was that of one enjoying himself to the uttermost. That element of teasing, so prominent in him, was in evidence also.

"To-morrow, you see," he began, "we can't have our music. You have business on hand, you able woman. We have also. At the same place, too, and in the same room; and yet we shall not meet. Ridiculous, isn't it? The world never belongs to the *fainéants*, but they always think so. I've no doubt you're looking down on me, Miss Tremlin, as an idle, good-for-nothing fellow. But I have a business, too. Do you know what it is?"

"No, Mr. Frankland."

"What! Helen hasn't told you. I see. You two never talk of me. I illustrate the proverb about the absent being forgotten,—too bad. But you'll find out my profession some day when we get better acquainted. I wish that time was now."

"Aren't you going to tell me!" I cried.

"No, indeed! The music now," he retorted. And he placed a favorite opera on the rack, and handed me my violin ostentatiously. I was glad to bend over it, for he was looking at me with embarrassing persistency. "I'm so thankful your cooking hasn't spoiled your touch," he said, managing to smile into my eyes the next moment. "My own profession—literature—hasn't

quite ruined mine, either, or you were good enough to say so once. Your compliments are like angels' visits,—rare. But work isn't meant to be all of life. This is a piece out of heaven now,—this music." His lips said "music," but his eyes shining into mine told the story that brought heaven to my heart. And that day, by looks, by tones, by manner, by everything but outspoken words,—and for these he had no chance,—he wooed me.

I have no idea how long we played. I remember distinctly only one piece,—his favorite love-song with which he finished. In opera I had often thrilled to the exquisite melody and noble passion of it. But that day his magnificent voice sang it to me,—I could not be mistaken,—to me as his love.

The next day at Mrs. Hardy's dinner Mr. Frankland was radiant. Miss Long, who sat beside him, must have been amazed at her success.

Mr. Black appeared without his shade. He had recovered his sight. Before the ladies left the table, he rose, and asked permission to say a few words.

He began by thanking his good friends, and especially his valued hostess, for the many kindnesses his sister and himself had received at their hands. He, not Henry Black as they had known him, but Philip Henry Blackmere,—ah! I placed him now,—was a cousin of Mrs. Hardy's father and of my father. Having no nearer relatives, he went on, he and his sister had resolved to become acquainted with those bound to them by ties of blood, kinsfolk they had never met. For the sake of their own future good intentions, they hoped to be forgiven for having made a little test of the courtesy and hospitality of their relatives. They had been more than charmed with what they had received.

The speaker paused. Mrs. Hardy cast a scornful glance at the screen behind which I was ensconced, as she would have said, "To *you—boarders! To me—guests!*" But she only murmured that one could not help being cordial to such guests.

Mr. Blackmere bowed. "For kindness and sweetness to strangers, unrecognized, homeless," he said, "and unable to make adequate return, there is one in this room especially to be thanked. With your permission, I will do it now."

Mrs. Hardy bent her head in tactful embarrassment.

Mr. Blackmere walked around the table toward her. But, when opposite her chair, he suddenly diverged, darted behind the screen, and dragged forth—ME!

He did not give me time to throw aside the great tier with which I had covered my pretty gown. But there I stood, blushing, for Mr. Frankland was staring at me, to say nothing of the rest of the company.

"My dear child," said my cousin, pulling me along by the hand, "your father was one of the loveliest men that ever lived, and you're just like him, except in being still lovelier as a woman." The fickle company applauded, all except Mrs. Hardy, who had not sufficiently recovered her equanimity.

"I've been staying in your house, and learned your secrets," he continued; "and I'm going to tell them here. Our cousin Rachel, my dear friends, took us in, believing us poor. We knew her to be poor, and we took advantage of her pity for us as old and impecunious, and imposed ourselves upon her for a miserable pittance. We were, in fact, rather her guests and friends. For us homeless people she and her mother made a home. And a real home has the aroma of a flower that grows in Paradise."

"I do wish you'd stop," I cried vehemently.

"And when she found we had imposed upon her generosity," he went on, "she said never a word. I'm inclined to believe she despised us a little, but from

her point of view we deserved that. For these reasons, and also for her spirit of independence, her energy, her business ability, we have decided to adopt this daughter of our dear cousin, if she will allow us, and—with the exception of legacies—to make her the heir of whatever we may die possessed, as one able to administer it with ability and noble hospitality."

He had not only made everything plain, he had rubbed it in.

At last I found courage to look about me.

Helen was radiant. But Nat Frankland sat staring down at the tablecloth as if a ghost had risen up. And so it had,—his pride!

A moment ago I had sat in oblivion, so happy. And now!

The day following Mrs. Hardy's dinner Mr. Frankland went away, leaving his good-byes for me with Helen.

A month passed without a word from him.

"Who'd have thought Nat would have made such a fool of himself, Rachel?" Helen began abruptly one day, "when we came here on purpose to meet you?"

"To meet me!" I echoed. "*Me*, Helen!"

"Else why come *here?*" she returned. "And you didn't suspect it? You ought to cultivate your bump of self-esteem. And I thought all was going so well until Mr. Blackmere's nonsense, —I mean, the proclamation was nonsense. But Nat will *have* to come back to help me get off," she pursued, accepting my silence.

When, at the end of another month, Mrs. Reginald and her family had steamed out of the station, Mr. Frankland came over to say good-bye to us.

I asked him to lunch. "But the maid is out," I said. "I shall have to get it."

"Let me help you," he cried. "I know how. I've been in tight places in my travels. I really know a great deal."

"Come and prove it," I answered, laughing.

In the kitchen, which we had all to ourselves, he said: "And so you're still going on with your work. For love of it?"

"You see," I returned, "I haven't yet made up my mind as to the best way to kill off my venerable cousins, and I'm not sure that they have yet made their wills in my favor. They may find somebody they like better."

"I hadn't thought of that," he answered, brightening.

"And since, unless I find some good way to dispose of them, they may live twenty years longer, mamma and I must have something to live on, meanwhile. So I shall become the famous Miss Tremlin, banquet supervisor, and live my expectant years in comfort, if not in luxury."

He shook his head and beat the eggs for the omelet vigorously a few moments. Then he said: "If you're so fond of being a working-woman, you ought to marry a workingman. Will you?" He came close to me.

"It depends on who the man is," I returned.

More words and some things followed. But to those who have been in the situation description is superfluous. To those who have not it would be unintelligible. As for me, I never could explain how a blotch of egg got on the back of my gown nor how Nat's coat collar was white with flour.

After all, there was fate in the fact that I always was fond of the kitchen.

Words

By Kate Gannett Wells

WORDS, just words, exert a fascination over us, struggle as we may against their power. The sound of the pet name of our girlhood, the term of endearment which our children give to us, each has its own charm and association. If my little boy called me mamma, I would not give up the lingering, loving caress of his tone when he says it for the more incisive, shorter sound of the same word with the letter *m* in it but twice.

The way in which a child appropriates words or makes them is singular. It is said that children under three years of age use about as many nouns as do adults, but twice as many verbs, though prepositions, conjunctions, and pronouns are not within their reach. "On the average, a boy uses three hundred and forty words, a girl four hundred and forty." Why is not known as yet, any more than it is understood why the Italian opera has but six hundred words in its vocabulary, and yet from three thousand to five thousand words is required by an ordinary person.

Words change their meanings, and different kinds of people use different words to express the same statement, as when a dilettante reformer calls a man intoxicated, whom the blunt, honest policeman terms "a drunk," and a pseudo-musical critic talks of the "rendition" of a piece, which the modest lover of music calls a performance. Then there are the words of faddists and of specialists. Each sect has its own term, just as has each new department of science, which is jargon to the uninitiated, who yet strictly maintain that all language has its basis in the natural cries of human beings, and that "words become things," as we use them. There is always a reason for a name, however far back we go, and the reason is a voluntary one formed by association. Each of us is constantly changing language, often for the worst, be it confessed. But what shall be said of those who deliberately change a line or a whole stanza in a poem? Is that honesty, even if done for the sake of improving it? Not long ago the author of a famous hymn had a stanza interpolated that he never wrote. That such changes are usually made in the interest of theology does not lessen the right of an author to exclusive ownership of his hymns, no matter, how creedal they may be. It savors of considerable self-assurance that one thinks he knows better than somebody else, when changes are made without a writer's permission in what he once has had printed.

The most curious conglomeration of words are the vernaculars belonging to different families. They have their special sets of words, just as they have their friends. These words arise spontaneously, often out of nicknames, and are in constant service, forming a family dialect, on the principle that no dialect is more than a certain form of language restricted to a few people. Droll as are such exclusive family dialects, they do not give that precision in the right choice of words which is gained by translating from one language to another. There is no better practice than this for acquiring a large, easily adjustable, and well-fitting vocabulary, though in translation the exact equivalent of a word may never be found, as when a Norwegian, wishing to express his sense of the comfortable hospitality offered him here, said, "I feel very much at home, you are all so homely."

Affectation in selection of words

is as great a foe of simplicity as is carelessness or slang of well-bred elegance of speech. "Purple pleasures," "awfully good girl," a "rotten" or a "hunkey dorey time," "talking through one's hat," are every-day examples of this slovenly use of words. As for the polite "swear" words uttered so glibly by charming girls, these keep pace with the freedom of the times. No harm is meant by them, but they are inelegant. Nevertheless, the girl replies she "doesn't care a —— if they are." They express her meaning, and she slams the door with a weary vengeance for being needlessly reproved.

There is yet another way in which words become vital to us, the words and tone of criticism, the rough answer, the sneer, the cruel jest, the unkind, unnecessary epithet. Their echo after they have been spoken never passes away. They imbitter our days and haunt us in our dreams. Oh, what would we not have given if they had never been uttered! for there was no need of saying them,—just a fit of ill temper, the desire to be witty, to make a little sensation, a feeble jealousy or envy,—all despicable causes, yet the prompters of words that cannot be recalled. No apology or explanation can prevent the heartache. The Chinese proverb says, "A race horse cannot catch a word once uttered." And again, as warning against talking too much, is another proverb of China: "Diseases enter by the mouth, misfortunes issue from it." Cruelly careless words are fit companions for the buzzing sneer, the audacious, lifted eyebrow, and the critical shoulder-shrug. Death would lose much of its agony, if we had not to remember the careless words spoken to our best beloveds.

Not merely is what has been spoken a matter of regret, but also is there sorrow for the sin of omission, that which might have been said to give pleasure, if it had not been for our awkwardness, self-consciousness, pride, hesitation. Few of us have so many compliments that they do us any harm, and most of us, perhaps all, deserve a large number of them which we do not get. Don't wait for funerals for eulogies. Encourage people to keep on trying to do their part by praising them while they are alive. Praise not by gifts, but in words, and the praise, like a welcome love letter, will always be cherished.

Daughters might acquire a knack in praising their mothers that would keep them young, whereas the way a girl tells her mother that her pompadour is awry, her bonnet strings mussy, her collar askew, her table ways not nice, her cordiality homespun, is enough to make any mother who has feelings (perhaps some haven't) bite her lips to keep herself silent. It is just plain cruel the way girls don't appreciate the good sense and the ability for continuous housework of their mothers. I never see a mother hesitate about giving herself a bit of lace, a ribbon, even a five-cent car-fare, and notice at the same time how well dressed and nonchalant is the pretty daughter, without thinking that mothers make mistakes in entailing upon themselves such self-sacrifice, as if they had a call to do so. A mother can't help giving up her pleasure for the sake of her daughter's. It was born in her to do so, and she forgot to cultivate the habit of outward self-respect and of demanding respect from her children.

Just a few words would make all right, only a little praise would make life so much more bearable. The grace of speech lies in the significance of its words. Keep the home names, keep the queer little family dialects, but add to them the ability to talk well and to use adjectives with discrimination, not calling a peach, a girl, and the weather alike lovely. Let us study our home relatives and our tire-

some friends, until we have found the best phase in their characters. Then praise it, and keep on praising it.

A lady wanted the dress of a dear friend remade for herself, but no one cared to undertake the job as the material, was slight. At last one dressmaker said: "Let me do it. I'll make a tender little dress of it for you." Her adjective went straight to the lady's heart. She saw the dressmaker knew just how she felt about the garment, sacred to her through association. It was that instinctive choice of the right word, "tender" which ever after made those two women friends.

One More Thing to Eat

By Helen Campbell

EVEN before the wonder-worker, Burbank of California, began his extraordinary experiments, in which one fruit after another was made to take on the characteristics of a cousin or brother in the fruit world, there had been now and then a sigh, "Haven't we perhaps too many things to eat?" Burbank, however, has paid no attention, but goes on grafting, with the assertion on his part that there cannot be too many vegetables and certainly not too many fruits, and that, the more of the latter we eat, the less likely are we to desire much flesh food, and the surer will be our escape from appendicitis and kindred diseases.

In the mean time has come the "booming," so to speak, of the new form of food not yet part of the bounteous, most beautiful supply in our summer markets, but praised by the Japanese Baron Suyematsu, who has lately given a dinner in London at which it figured. Baron Suyematsu is well known in both France and England, and his dinner was given to a group of surprised journalists at the Nihou Jiu-Kwai, the Japanese Club in London. And this is the story he told them:—

Thirty-one hundred years ago there lived two loyal and also progressive Chinamen, brothers named Poi and Tsu-chi. They lived under the Cho dynasty, and objected to its tyranny so strongly that they declined to eat the food in daily use among the degenerate countrymen, who tamely accepted the dynasty and all its evils. So they went far away into the Tsu-yung Mountains, and there fed on things nobody in China, at least, had ever eaten before. In this certainly new and always curious gastronomical experiment they discovered not only the very nourishing but delightful quality of what we at present know as *Pteris aquilina*. *Wei* was its Chinese name, and in the days of early spring they feasted on the young and tender shoots of the new discovery, which to-day the Western world tramples under foot by the name of bracken. From that far-distant day to this it has been one of the most welcome of many spring joys, this first appearance above the ground of the tender sprouts of the bracken.

In Japan one of the first excursions of spring is the *Warabi-Kari*, or fern-hunting, picnic, and for each party, after they are cooked carefully, comes the eating with an accompaniment of soy.

This was the story the baron told, and, having dilated himself on the delightful flavor of boiled bracken, he signalled, and there entered waiters

bearing on lacquer dishes, on which rested snow-white chop-sticks, a course of bracken shoots swimming in soy. But the most expert journalists found the chop-sticks singularly fickle and uncertain as a method between bracken and the mouth, and most of them, it is said, used their fingers instead. In spite of this drawback the verdict in favor of *Wei* was unanimous, and one, at least, *Warabi-Kari* party has searched the Kentish woods for the succulent shoots, headed by the journalist who at the dinner announced that he had partaken of bracken in his early youth in his own corner of the United Kingdom, and later, as war correspondent in the mountains of Manchuria, served to him by a Japanese cook.

How did he prepare it? Precisely, it is said, as did the two brothers thirty-one hundred years ago. First the bracken shoots must be gathered just as the fronds push through the soil, crumpled and folded together. After washing carefully, they are steeped all night, in the East, in water in which wood ashes have been mixed. But, as these are not always to be had, a little bicarbonate of soda can be used instead, which will be even more effective than the ashes in removing the somewhat bitter principle that is found in the shoots. When this is removed, there remains after cooking a delicious flavor as of almonds, a nutty sweetness unlike anything yet known to us in the Western world. They can be served like asparagus, boiled until tender, then eaten with melted butter, to which a little tarragon vineger can be added, or they are treated like spinach, either chopped fine or rubbed through a purée sieve, with salt, pepper, a little lemon juice, and butter added.

The lovers "of bracken knee-deep on the hills," or growing in masses along country roads, may mourn its vanishing, for vanish it will if its use becomes general, unless indeed its cultivation as a vegetable begins and it is introduced to our gardens. This Baron Suyematsu believes will at once be done; and he adds that the knowledge of the new esculent is one very small return for the many kindnesses he has received at English hands.

The dinner excited so much interest and curiosity, the story having been given in full in the London *Telegraph*, that fern parties, it is said, are now the rage, and the baron is charmed with the results of his endeavor. It is possible that Burbank himself may study the new edible, and perhaps add to it some other flavor which he regards as harmonious. If he find that it can be grown side by side with his thornless cactus and its fruit, which is food and drink in one, the dweller in what we have known as a desert need have no further dread of starvation or of perishing of thirst, since man and beast are alike provided for in the cactus as Burbank presents it. It may be even that he will so inoculate the roots of bracken that they will yield as perpetual a supply as his wonderful rhubarb, crimson, practically skinless, and of a flavor unknown to the thick-skinned little stalks of former generations.

Imperfection is soon, it seems to be, but a memory, the demand for perfect specimens of all orders of fruit and vegetables being so great that fabulous prices can be had for the limited supply at present possible. But soon, it is believed, the whole world may have them, and to this end Burbank works on, a benefactor no less untiring than others before the public, himself, it seems, quite unconscious that he fills this rôle.

Nature's Food Cycle: The Rôle of Bacteria in the Economy of Nature

By Frederick W. Farrell, S.B.

WE are all more or less familiar with the law of physics, which states that matter cannot be destroyed nor created. As far as experiment and study can teach us, this law holds good. A piece of wood burns, and apparently matter is destroyed, but, if we were to collect together the resultant gases and the ash, we would find in them all of the elements, weight for weight, originally present in the wood. There has been a change of form of matter, but its elements have not been destroyed. Such elementary changes, of which the above is an illustration, are called chemical reactions. Within the cells of bacteria and micro-organisms in general, chemical reactions producing changes in the form of matter are carried on. Usually such changes as they bring about accomplish breaking down of complex, highly organized substances into those of almost elementary simplicity.

It will thus be seen that neither through the severe agency of fire nor of the complex processes of a living organism can the elements of matter be destroyed. It is evident, then, that the amount of any one element is limited and constant, that the total amount of nitrogen in the world is the same to-day as it will be to-morrow and the day after and the day after that. Therefore, the amount of food available to man is limited. Although the elements cannot be destroyed, they can be grouped and rearranged again, so as to produce from simple substances the more complex products found in the food of man. Thus there is going on about us a constant change in matter from the complex to the simple and from the simple to the complex. What part do bacteria play in these changes?

The elements carbon, nitrogen, oxygen, and hydrogen are the most necessary to life, and without them no living matter would be. These are found in all living matter, whether it be that of man or of the most minute of living organisms.

In following the fate of these elements in nature's food cycle, let us begin with them in their simplest compounds, as found in the earth and air. Here they exist as nitrates, compounds of nitrogen, oxygen and certain basic elements, as carbonic acid gas or carbon dioxide and as free oxygen. The green plants take these compounds, and from them with the aid of sunlight build up their tissues. Animals feed upon these plants or upon their edible portions. Man, as well as all animals, must turn to the green plants for the manufacture of his food. For by them the simple inorganic mineral substances mentioned above are built up into more complex ones, which more nearly approximate those found in the animal tissues.

Within the living mechanism of man and other animals, still more highly complex substances are built up, and these go towards the making of living matter. During life processes, animals excrete just as much as they take in as food. Therefore, we have a breaking down process keeping pace with a building up process. The excreted matter is dead animal matter. To this we may add the dead bodies of animals and plants. Thus we have the elementary substances nitrogen,

oxygen, carbon, and hydrogen built up into highly organized substances absolutely worthless as food to the higher plants and animals.

It is at this point in the cycle that bacteria and other micro-organisms, but principally the bacteria, step in. These are the great and universal scavengers. Feeding upon dead matter, they change its whole character. Certain ones achieve active and profound decomposition and putrefaction. More simple organic substances result. It is in this first stage of bacterial decomposition that nauseating odors and unsightly products result. Other bacteria carry the simplifying process still further, and the offensive decomposition is gradually masked. Still other bacteria convert simple substances into those which are found as mineral substances in the soil and air, and which are so necessary to plant life. Thus the cycle is completed.

There are, of course, some short cuts, but, in general, all organic matter follows this cycle.

Here the great importance of bacteria at once becomes evident. Consider the effect of their removal from the cycle. At once a great problem confronts man. How is he to recover to himself as food all the waste matter that attends his life? He cannot create more matter, for matter cannot be created. Upon him devolves the task of so changing highly complex substances to the simple minerals that they be available to the green plants, upon which he is so dependent for the manufacture of his food. We have seen that the bacteria accomplish this by a process of decomposition. How do they leave the matter which they have so changed? In a mineral form, as oxides. When a piece of wood or a dish of garbage is burnt, oxides identical with those produced by bacteria are formed.

Here, then, lies the way out for man. He must, in order to live, under the surmise that there are no bacteria, burn all excreta, cremate all dead animals and plants not available to him as food.

From time to time there appear in our daily papers calculations of how long the world's food supply will hold out. We are informed that from three to ten thousand years is the limit. Evidently, bacteria are left out of consideration here. If they be left out, the estimates are thousands too high. Our worries would be of the present. It would be difficult to calculate the proportion of men necessary to labor for the maintenance of our food supply. Suffice it to say this would be very large. The task is appalling, for not only is the task of mineralization to be considered, but also the distribution of the resultant products upon the soil in such a way as to be best adapted to the nourishment of plants.

It will be more evident now why bacteria are of such importance in nature and also why we so often hear of "good bacteria" in contradistinction to "bad bacteria." Present everywhere in the earth, the former are toiling for man's welfare. Minute, not discernible to the naked eye, they produce results that would require enormous labor on the part of man to duplicate. Theirs is a prominent though humble place in nature. When we think again of the bad germs, let us also think of their brothers, the good germs. While we are accomplishing each year a triumphant victory over the former, let us strive to aid the latter in their humble yet mighty work in the economy of nature; and who knows but that it be for the preservation of man?



Lessons in Cookery and Food Economy

By Mary D. Chambers

Lesson VI

Flour Mixtures

Study of Leavens, concluded; Yeast as a Leaven

QUICK-PROCESS BREAD, NO. 1

Ingredients for one loaf: one cup of milk, scalded, to sterilize, then allowed to cool to blood heat, three cups of sifted flour, one teaspoonful of salt, one to two teaspoonfuls of sugar, one to two teaspoonfuls of butter or other shortening, one compressed yeast cake.

Method.—Mix flour, salt, and sugar. Blend yeast cake in a little of the lukewarm milk until smooth and free from lumps. Add remainder of milk and butter. Stir in enough flour to make a thin batter, and set to rise in a warm place until double in bulk. Then add flour enough to knead (this can be done by a skilful manipulator with a much smaller quantity than the amount allowed above, which should always be considered a maximum), and continue kneading until dough no longer sticks to board. Shape into loaves, place in pans, and let rise again until double in bulk. Bake, with gradually increasing heat, forty-five minutes to one hour.

NOTE.—If a very thick crust is desired, the oven temperature should be low, and the baking prolonged. This method gives a nutty-flavored loaf, and renders the bread more easily digested.

In class work half the quantity given in the recipe is allowed to each student: this is small enough for individual work, and sufficiently large to give experience in kneading.

It is hardly possible, in a two-hour class period, to make excellent, quick-process bread, but very good results are often attained. In home work excellent bread should be made in from three to five hours, the variation being due to the time taken in kneading, as well as to the time required for the sponge and the dough to double in bulk. In class work these processes have to be abbreviated, but there is an adage in the training class that the "wise teacher will not hurry the first rising." On no account should the time for baking be shortened. The "rising" in class is facilitated by standing the bowl containing the dough in a pan of water at 112°F. This keeps the dough at 68° to 75°F. a favorable temperature for growth.

QUICK-PROCESS BREAD, NO. 2

Ingredients and proportions same as before.

Method.—Add at once to liquid mixture flour sufficient to knead, and knead until dough no longer sticks to board. Let rise until double in bulk. Knead again, lightly, shape into loaves, and proceed as in No. 1. The method is called in the trade the "straight-dough" process, in contradistinction to the first, which is known as the "sponge."

No. 3

A mashed potato is allowed for each loaf, and is worked into the sponge or the dough. The effect will be enhanced if potato water is used for the wetting.

No. 4

Quick-process bread made without shortening.

No. 5

Quick-process bread made without sugar.

No. 6

Water substituted for milk in wetting.

NOTE.—In the first day's lesson Nos. 1

and 2 are made by alternate students, and the results compared. No. 2 will be found a larger and better-risen loaf, since the initial activity of compressed yeast is greater than the secondary activity (during the second rising). The "straight-dough" method, then, will usually be chosen by the class. In the second day's lesson each student makes two small loaves, one a typical "straight dough," the other some one of the given variations, assigned in turn round the class. These loaves are compared as to size, color, flavor when fresh, flavor after a week old, and keeping qualities. These observations are very interesting, and serve as the basis for a number of rules for bread-making, gained from the practical experience of the students.

It will be found profitable for the teacher to make a loaf of "slow-process" bread from dried yeast, setting a sponge and letting it rise over night, as well as to make another loaf by slow process from compressed yeast, letting the class compare the two. One-sixth to one-eighth of a yeast cake will be sufficient in either case The class will learn that, while only compressed yeast is suitable for very quick work, either dried or compressed yeast may be used when sufficient time is allowed for rising, according to the preference of the bread-maker.

Variations on Plain Bread Dough

Crumpets

A thick batter, raised with yeast. Cook by pouring into greased muffin-rings, placed on hot griddle. Turn with pancake-turner, and bake until brown on both sides. These are usually allowed to grow cold, then they are split or pulled apart, and toasted.

Raised Waffles

A thin batter, raised with yeast. Two eggs added last thing, yolks and whites beaten separately, whites folded in last. Proportions given on a basis of one pint of milk.

Raisin Bread

A thick batter. Add, in order given, just before second rising, two tablespoonfuls of butter, creamed, one-quarter a cup of sugar, one well-beaten egg, and one-half a cup of raisins. Basis, one cup of milk.

Chemical and Physical Changes during Process of Bread-making

1

Starch changed to maltose by the action of diastase.

2

Maltose changed to glucose by the action of the yeast ferment.

3

Glucose changed to alcohol and gas.

Note.—The student is required to write the reactions and to give the three steps of the process. Jago is recommended as reference.

Physical Changes

Gas intermingles with dough, swells the mass, and is retained by tenacity of gluten.

Gluten develops greater elasticity in process of kneading, and absorbs more water, rendering dough easier to handle.

Effects of Baking

Formation of dextrin and caramel from cooking of starch. Loss of weight, why? Loaf should be weighed before and after baking. Hardening of gluten cells, etc., causes loaf to retain shape. Destruction of yeast plant by excess of heat.

Comparison of Strong and Weak Flours

A good bread flour and a fine pastry flour are chosen for this study. The student is directed to compare the color, noting that one is creamy, the other nearly pure white; the texture, one smooth, the other gritty; how each flour "packs," whether inclined to fall apart or to cohere. On mixing a definite quantity of each with water, which makes the thicker batter? What proportion of the "weak" flour is equal to a definite volume of the "strong"? Why is one more suitable

for bread, and the other for cakes and pastry? A study of spring wheat and winter wheat is assigned, and the reason for difference in flour is accounted for on the basis of plant physiology.

Conditions which affect Growth of Yeast

The following experiments, as well as those suggested in comparison of strong and weak flours, may be advantageously performed by students during the "risings" and baking of the bread.

1

One-eighth a yeast cake, two tablespoonfuls of flour, four tablespoonfuls of water. Freeze in mixture of ice and salt, then allow to thaw, and set in a warm place for fifteen to twenty minutes. Does freezing destroy the vitality of the yeast plant? How is its resistant power accounted for?

2

Same mixture as 1. Boil for one minute. Set in a warm place, 60° to 70° F., as before. Compare result.

3

Same mixture as 1. Add one-fourth a teaspoonful of cane sugar, and set to rise at a favorable temperature.

4

Same mixture as 1. Add one-fourth a teaspoonful of commercial glucose, and proceed as before. Compare with 3.

5

Same mixture as 1. Use for control test for Nos. 1 to 4. All the mixtures should be set to rise as nearly at the same time as possible, and under the same conditions,—in beakers in a pan of water does very well.

By-products of Growth of Yeast

1

Fill a wide-mouthed bottle with a mixture of molasses and water,—one tablespoonful of molasses to one pint of water. Add one-eighth a yeast cake, cover bottle with saucer, and reverse. Next day the bottle will be found to be filled with gas, which will have displaced the liquid. Test gas by pouring some into a beaker rinsed out with lime water, by pouring some on a lighted candle, etc.

2

Collect some distillate from a rapidly fermenting "sponge." Treat with KOH, plus a very small quantity of KI (the compound extract of iodine of commerce). Apply heat slowly, and note distinctive odor of iodoform. What does this denote? Or mixture can be evaporated to dryness, when the distinctive crystals of iodoform will be found.

Practical

By Grace Stone Field

Adele has dainty dimples,
  Suzanne a sunny smile,
And Claribel, the dear, can cook
  In appetizing style.
Lillith likes the lads, they say,
  And welcomes Cupid's dart;
But coy Clarisse won't have me, though
  She has my heart.

I'd give all Della's dimples,
  I'd barter Suzanne's smile,
From pretty Lillith turn away,
  Though sweetly she beguile,
If only coy Clarisse would say
  "Yes" to my plaintive plea;
But, since she will not, Claribel
  Shall wed with me!

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OF

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JANET MCKENZIE HILL, Editor.

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MY NEIGHBOR AND I

A Soliloquy

Doth thy neighbor's path offend thee?
  Mind thine own!
Gather up each twig and bramble,
  Every stone:
He the difference will see,
And may pattern after thee!

Doth the garden that is next thee,
  O'er the fence,
Yield but weeds, that to thy notice
  Give offence?
Plant sweet flowers, tend them well.
He may copy: who can tell?

Doth thy neighbor's face distress thee
  With its scowl?
Is his voice but little better
  Than a growl?
Sweeter gifts to thee belong:
Try and shame him, with a song!

Wouldst thou see a face that's smiling
  Next to thine?
Then with holiness and kindness
  Must *thou* shine:
He that's next is but thy glass
To reflect the clouds that pass!

Do not let small things afflict thee!
  Look again!
What if skies some days are blotted
  By the rain?
In *some* sky the sun doth shine:
Let it ever brighten thine!

Then, if thou art smiling ever,
  Like the sun,
If thy work that's close beside thee
  Is well done,
'Tis no matter what shall be;
For thy God approveth thee!

—*Helen Knight Wyman.*

IN SWIFT PROCESSION

WOMEN are no longer educated exclusively in convent and private schools. They are enrolled in college and business schools throughout the land. "The advent of women into the world of business," it is said, "has worked a peaceful and beneficent revolution. Up to the time of the Civil War all school-teachers were men. Women teachers came in as an innovation, and they have brought beauty, gentleness, and love where before there was fear and force. The teacher is the child's other mother, said Froebel. We didn't believe this at first, but now we accept it."

Women are now serving as clerks in the government offices at Washington, while as clerks and saleswomen in shops and stores they far outnumber their companions of the other sex. Women typewriters, it is estimated, are now receiving in wages over two hundred million dollars a year. Rapid changes in the ways of life are indicated in all this.

No fewer than 400,000 women are connected with women's clubs in the United States, and of these 30,000 are in the Commonwealth of Massachusetts. In large measure the result of the

activity of these women is the pure food bill but recently passed by the United States Senate; and woman's work in uplifting humanity and for the general welfare of society and the State is everywhere potential.

"The field of the old New England home is gone now," a club woman said of late, "and what will take its place? Will it be an institution which will mean advancement and high ideals, or something that will make our lives less easy to live? Every woman must become accustomed to the changes in the methods of living, which now come so rapidly, in order that she may assume her proper place in life."

And what is woman's proper place in life? We are hearing much to-day about the "bigger, busier, better" city. Can there be any real, enduring progress that does not lead to more widespread, exemplary, and better homes? The status and character of home life is ever to be determined by the women who preside there.

THE TRAGEDY OF LABOR

THE secretary of the Master Builders' Association of Boston is reported to have said that "the distressing feature of the labor troubles," with which he has had something to do, "is that the men are so much engaged in thinking of the tragedy of labor: whereas labor is the one saving grace in life. There is no joy in loafing."

This misconception of the significance of labor is fraught with endless ills. So many people are wont to regard it as a disgrace to work with the hands. They think it foreordained for them, at least, to earn a living by their wits; that is, at others' expense or loss. Too many are thus seeking to prey upon the productions of others' industry and efforts. Certainly, intellectual effort is work, and that, too, of high import and value. It is a most essential factor in every undertaking. At the same time it is manifest the vast majority of men and women must be engaged more or less in manual labor. Some one must do the actual work of producing and distributing the ways and means of life. Modern civilization calls for a vast deal of handicraft. It is not work, but an excess of work, that is baneful.

People who are strenuously engaged in mental pursuits do not live wholesome lives, nor are they long-lived. The evidences of this are numerous and startling. "Of many books there is no end, and much study is a weariness of the flesh." On the other hand, excessive physical effort is productive of harmful results. In the happy combination of mental and physical activity, it is now thought, lies the golden mean that conduces best to health, happiness, and longevity.

What we want, above all else, to get rid of in every kind of occupation or form of activity, in shop and factory, on the farm and in the kitchen, is the erroneous idea that labor is a tragedy. "The man who fails to get enjoyment out of his business will never enjoy anything, and, what is more, will not succeed in his business. Good men enjoy work, and wise men know that there is no happiness outside of systematic, useful effort."

WANTED

CONTRIBUTIONS of articles to the *Cooking-School Magazine!* We want short, cheerful, thoughtful papers of ten or twelve hundred words on subjects of timely interest to housekeepers. We can also use in illustration a few really good photographs. Are there not among our readers those who can furnish us something bright, instructive, and interesting in this line?

Wanted: Short items for our department of "Home Ideas and Economies."

These two words, *ideas* and *economies*, indicate just what we want for this column. We pay for all contributions as liberally as our means will afford. By improving and enriching our pages, we hope to attain to a position where we can make more generous returns to our contributors.

Wanted: Subscribers who never discontinue their subscriptions. We want to make this magazine indispensable to the intelligent, progressive housekeeper everywhere,—a standard authority in the preparation of food and table service especially, a constant guide and helper in the conduct of home affairs. We claim to have already a class of appreciative readers that is excelled by none other. This class we desire to enlarge.

Wanted: Advertisements of all genuine food products and household appliances that are appropriate to the pages of a first-class culinary publication! We wonder at times why the advertisers of food products pass by a medium devoted exclusively to food and feeding, and run page after page of display advertising in story papers, of which the least that can be said is that they are read principally by young people and those who are not immediately concerned in housekeeping. In this as in other departments of the *Magazine* we wish to present to our readers the very best of everything.

PURE FOOD AND LONGEVITY

THE United States Senate at last, after proving for years a stubborn foe of the measure, has passed the Pure Food Bill, which carefully guards against adulteration of foods and medicines, and imposes penalties which will be deterrent. Special business interests so long have had power enough in the Senate to defeat this measure for the public welfare that it is a happy omen of better days that at last general interests have triumphed over the cupidity of the few. Evidence of a converting character has been coming from the government's own chemists and food experts of late years, which could not well be scoffed at; and, moreover, the plain people have been getting hot against fraud in general, and especially fraud that shortened their lives and ruined their digestion. What with legislation of this sort going on our statute-books, with the crusade against patent medicines rising in volume, and with saner notions of diet, taught by men like Horace Fletcher and Dr. J. H. Kellogg, coming into vogue, the people's longevity record promises to grow higher. Incidentally, certain publishing and commercial interests will suffer temporarily, but in the long run will gain. Wealth derived from fraud never is truly profitable. The measure has still to be voted on by the House.—*The Congregationalist.*

For years a certain firm of well-known bakers in New York City has distributed bread to the needy at midnight. About to move, the firm announces that it will continue this custom, believing that it has brought good luck and prosperity, and that in many cases the aid given has been appreciated and formally acknowledged later, when many of the recipients have regained prosperity and self-support. This is bread cast on the waters to be found again.

Evening at the Old Home

Back to the hallowed hills which childhood knew,
Made sacred ground by memories sweet and true,
I wandered listlessly one summer day.
I blotted out the waste of weary years,
Folded the pages that were stained with tears,
And fancied I was but a child at play.
But when the evening came and twilight fell
Above the gray-roofed home I loved so well,
And still no voice called from the vine-clad door,
I wept as only they can weep who know
The loving voices of long ago
Will call them from their childish sports no more.



Pineapple Parfait, Nests of Meringue

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Oysters, Casanova Style

(Appetizer)

Make ready very small china or paper ramekin cases or tiny Swedish timbale cases. Shred celery hearts very fine. Take one-fourth the quantity of fine shredded truffles, and mix these with sauce tartare (mayonnaise sauce with fine-chopped olives, gherkins, capers, and parsley). Put a spoonful of the salad in the bottom of each case. Above this set a raw oyster, seasoned with French dressing. Above the oyster dispose a slice of hard-cooked egg. With a fine, or very small, copper tube decorate the slices of eggs with green herb butter. To prepare the green herb butter, cream one-fourth a cup of butter, beat into it spinach, capers, and parsley, pounded and pressed through a piece of cheese-cloth, to give the butter a green shade. An anchovy fillet may be pounded with the vegetables.

Canapés, Coquelin Style

From thin slices of stale bread cut out small round, square, or diamond-shaped pieces. Fry these in butter or olive oil, and let become cold. Pound to a smooth paste one-fourth a cup, each, of butter and cooked chicken, half this quantity, each, of cooked ham and grated cheese, a dash of paprika and a little salt. Spread this paste upon the prepared bread. Garnish the paste with capers and figures cut from slices of gherkin and beet root.

Cream-of-Corn Soup, St. Germain Style

Press enough canned corn through a fine sieve to yield half a cup of purée. Beat one whole egg and the yolks of three. Add one-fourth a teaspoonful, each, of salt and pepper, one-fourth a cup of cream, and the half-cup of purée. Mix thoroughly, and turn into

eight very small or four larger timbale moulds. Set in a pan on several folds of paper, surround with water at the boiling-point, and let cook in a slow oven until firm. Unmould, and serve a whole or a half timbale in each plate of soup. Slice an onion fine; add three sprigs of parsley, and let cook, until softened and yellowed, in three tablespoonfuls of butter, then add the rest of the can of corn and a quart of white broth (or water), and let simmer fifteen minutes. Drain off the liquid, and pound the corn with a pestle. Press the corn through a fine sieve, diluting with the broth meanwhile. Melt one-fourth a cup of butter. Cook in it one-third a cup of flour, a teaspoonful of salt (less if the broth has been salted) and a dash of pepper, then gradually stir in the corn broth, and stir until thickened. Let simmer a few minutes, then finish with one pint of hot milk and half a cup of cream.



Canned Salmon Loaf. Garnish: Slice of Lemon and Melon Mango, Cut in Halves

Canned Salmon Loaf (Mrs. Charles H. Lyon)

Drain off the liquid from a can of salmon, and with a silver fork pick the fish fine, discarding skin and bones. To the fish add half a cup of fine, bread crumbs, the yolks of four eggs (beaten light), four tablespoonfuls of melted butter, half a teaspoonful of salt, a scant half a teaspoonful of pepper a teaspoonful of fine-chopped parsley, and, lastly, the whites of the eggs, beaten stiff. Turn the mixture into a buttered baking-pan, shaping it into a loaf. Bake half an hour. Remove to a platter, and pour over it the following sauce.

Sauce for Canned Salmon Loaf

Melt one tablespoonful of butter. Stir in one tablespoonful of flour, a dash of pepper, and one-fourth a teaspoonful of salt. Cook until frothy, then stir in one cup of milk and the fish liquor from the can. Stir until the sauce boils. Let simmer three or four minutes, then remove from the fire, and stir in a beaten egg.

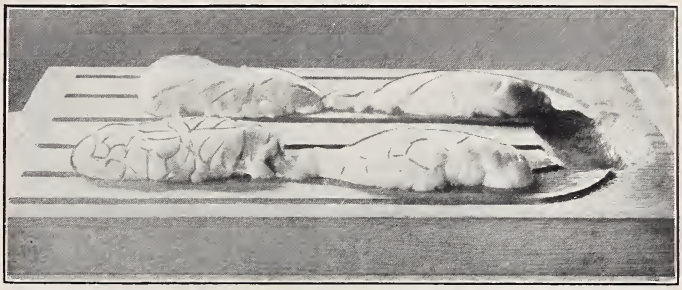


Cold Corned Beef, Horseradish Sauce

Cold Corned Beef, Horseradish Sauce

Cover a piece of corned beef (mildly cured) with cold water. Let heat slowly to the boiling-point, and boil five or six minutes, then let simmer five or six hours or until very tender. Let partially cool in the liquid, then

set aside, covered, until cold. Mix a cup of whipped cream, one-fourth a teaspoonful of salt, a dash of pepper, and four tablespoonfuls of fine-grated horseradish, and pipe a part of it into the centre of a serving-dish. Dispose slices of the beef around the sauce, and pipe a little of the sauce on each slice. Finish with a little fresh parsley. The horseradish should be grated very fine, or the sauce will not readily pass through the tube.



Two Sets of Sweetbreads

Sweetbreads, Sautéd, Sauce Bernaise Tomatee

Cover the sweetbreads as soon as brought from the market with cold water. Let stand an hour or longer, changing the water several times. Remove fat and skin that may be adhering to them, also pipes or tubes that are in sight. Cover with boiling water to which a tablespoonful of salt (to a quart of water) has been added. Let simmer about forty minutes, then drain, and let chill in cold water. Remove any skin, etc., that may remain, and set aside for future use. When ready to serve, have ready in a frying-pan hot bacon fat (mild cured) or butter. Lay in the sweetbreads, and cook until browned on one side, then turn and cook on the other side. Or brush over the sweetbread with bacon fat or butter and broil over a gentle fire, turning often and basting with fat occasionally. Set on a hot platter. Surround with little piles of cooked and buttered vegetables, and serve the sauce in a dish apart. A little of the sauce may be poured over flowerets of cauliflower placed between the groups of vegetables.

Sauce Bernaise Tomatee

Chop half a green pepper and half a small mild onion or a shallot very fine. Add three or four tablespoonfuls of cider vinegar, and let stand on the back of the range to simmer gently until



Sautéd Sweetbreads with Cauliflower, String Beans, New Carrots, and Parsley

well reduced. Then add a cup of tomato purée, reduced by cooking to about one-fourth a cup, and the beaten yolks of three eggs. Beat with a perforated spoon, and cook over hot water until the mixture thickens, lifting the pan often to avoid overcooking the eggs. Then beat in one-third a cup of soft butter and a little salt. When well thickened and hot, pass through a very fine sieve into a hot serving-bowl. A teaspoonful of fine-chopped tarragon or chervil may be added at discretion.



Napolitaine Salad

Napolitaine Salad

Cut hard-cooked eggs in even slices. Dispose these, alternately, with thin slices of Bologna sausage, crown shape, on a serving-dish. Season a pint of cold, boiled potato cubes and half a pint of beet root cubes, separately, with sauce tartare. Turn these into the centre of the crown, sprinkle the whole with chopped parsley, and serve at once. For the sauce tartare add to a generous cup of mayonnaise dressing one-fourth a cup of very fine-chopped olives, capers, gherkins, and parsley.

Svea Wafers

Heat the wafers in the oven or toast over a hot stove lid or glowing coals. Spread with butter, and serve hot with a cup of tea, or sprinkle the wafers with grated Parmesan cheese, cover, and set into the oven to become hot. Serve with consommé or bouillon.

Salt Codfish Balls

Pare and cut in quarters enough potatoes to fill a pint measure. Pick enough salt fish into bits to fill a pint measure half full. Put the potatoes into a saucepan, the fish above them, pour boiling water around the potatoes,



Svea Wafers

and let cook until the potatoes are tender. Drain off the water. Shake the fish from the potatoes, and press the latter through a ricer. To the potatoes and fish add a teaspoonful of butter and one egg, well beaten, then beat the whole until smooth and light. Shape the mixture into one dozen balls, and fry at once in hot fat until delicately browned. Use a basket, and fry three or four at one time. Serve with tomato ketchup, horseradish sauce, or piccalilli.



Cabbage Salad in Cabbage Shell with Cream Cheese

Baked Mackerel, Essex Style

Cut choice mackerel in halves, trim neatly, and set in an au gratin dish, skin side down, first buttering the dish carefully. Remove the skins from two or three onions and as many tomatoes, and cut them in slices. Set the slices on the fish, alternating onion with tomato, cover the dish with a buttered paper, and bake until the fish is thoroughly cooked. Pour over the whole a little hot, fresh-made cream or egg sauce, and send at once to the table.

Baked Mackerel, Maître d'Hôtel Butter

Cut the neatly dressed mackerel in halves, and dip each half in flour. Put these in a buttered baking-dish, and add a few bits of butter here and there. Bake for about half an hour, or until the surface is delicately browned. Cream two tablespoonfuls of butter. Work into it a teaspoonful of chopped parsley, a few grains of salt, and a tablespoonful of lemon juice. Put this in small bits over the fish, and serve at once.

Cabbage Salad in Cabbage Shell with Cream Cheese

Select a well-shaped, crisp head of cabbage, not too large. Remove the coarse outer leaves, and take out the heart of the cabbage, to leave a thin shell. With something round for a pattern, cut the edge of the cabbage shell in scallops. Chop the cabbage, removed, very fine, discarding mean-



Cabbage Salad in Shell, Beet Decoration

while coarse stalks or ribs. Season with salt and pepper, add equal measures of mayonnaise dressing and whipped cream, salted before whipping,

and mix together thoroughly to a light, fluffy ball. With this fill the open space in the cabbage. Decorate with parsley and thin ribbons of cooked beet, rolled to resemble flowers. Surround with lettuce leaves, holding cream cheese formed into egg shape, and sprinkle with fine-chopped, cooked beet. Crisp the cabbage, before cutting, by letting it stand an hour or more, head downward, in very cold water.



Stuffed Beet Salad

Cabbage Salad in Shell, Beet Decoration

Prepare the shell and filling as above. Smooth over the filling, and decorate with fine-chopped, cooked beets. The beets may be plain boiled or boiled and pickled.



Pears, Easter Style

Stuffed Beet Salad

Cut out the centre from tiny cooked beets (either new or canned beets may be used). Let stand half an hour in a little French dressing made of equal measures of oil and vinegar. Drain and fill with chopped cabbage mixed with mayonnaise dressing and whipped cream, half and half. Serve on lettuce leaves. This is a good salad to serve with fish. Later in the season use chopped cucumbers instead of the cabbage.

Tapioca Custard Pudding

Scald one quart of milk in a double boiler. Stir in two-thirds a cup of a quick-cooking tapioca, and let cook, stirring occasionally, for six or eight minutes. Beat three eggs; add one teaspoonful of salt and one cup of sugar, and beat again. Then stir into the tapioca. Add also a tablespoonful of butter, and turn into a pudding-dish, buttered and dredged with granulated sugar. Bake about thirty minutes, or until firm in the centre, in a slow oven. Serve hot with a sauce flavored with vanilla, wine, or nutmeg. This pudding is right, when there is a firm, smooth custard above the tapioca and custard mixture. To secure this condition, the tapioca should not be cooked in the milk too long before the addition of the eggs.

Sauce for Tapioca Pudding

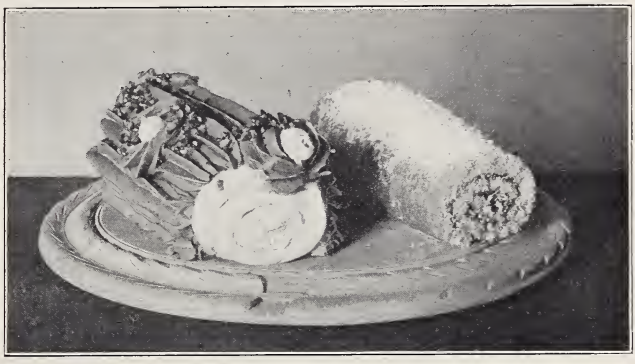
Sift together one-fourth a cup of flour and one cup of sugar. Stir in a cup and a half of boiling water, and let cook fifteen minutes, stirring occasionally after the sauce boils. Before serving, beat in one-fourth a cup of butter, a grating of nutmeg, and a teaspoonful of vanilla, or wine to taste.

Pears, Easter Style

Carefully drain halves of pears, cooked in syrup flavored with lemon juice or wine. Set them on squares of sponge cake, dredge generously with granulated sugar, and set into the oven to become hot and glazed. Dispose on a serving-dish in form of a cross. Fill the open space in each half of a pear with an egg shaped from almond paste. Pour the hot syrup over and around the cake, dredge the whole with fine-chopped pistachio nuts, and serve at once.

Sponge Jelly Roll with Mocha Cream

Make and roll the cake as before,



Sponge Jelly Rolls with Mocha Cream and with Powdered Sugar

Sponge Jelly Roll

Beat two eggs (without separating the whites and yolks) until very light. Then beat in one cup of flour, sifted several times with two and a half teaspoonfuls of baking-powder and one-fourth a teaspoonful of salt. Lastly, beat in a teaspoonful of vanilla extract and one-third a cup of hot milk. Bake in a dripping-pan. Turn the cake onto a piece of cheese-cloth, trim off the crisp edges, spread the cake with currant jelly, and carefully roll the cake over and over. Use the cloth to roll the cake, to avoid cracking it. Sprinkle with powdered sugar.

then cut the ends diagonally. For the cream beat half a cup of butter to a cream. Then beat in the yolk of one egg, one teaspoonful of vanilla extract, and one cup and a fourth of sifted confectioner's sugar. Take out a little of the cream, to keep it white, and to the rest add half an ounce of chocolate, melted over hot water. With a star tube pipe the chocolate cream lengthwise on the jelly roll to cover it. With a plain tube pipe the white cream round and round on the ends. Pipe a little white cream on the simulated log of wood, to represent where twigs have been cut off. Surround with chocolate cream, and sprinkle on a few bits of chopped pistachio nuts.



Poached Eggs en Surprise

Eggs en Surprise

Drain the syrup from a can of choice apricots. To two cups of syrup add the juice of two oranges and one lemon and half a cup of sugar, and set over the fire to become hot. Soften two level tablespoonfuls of granulated gelatine in half a cup of cold water, and turn into the hot liquid. Stir until the gelatine is dissolved, then strain through a cheese cloth. Reserve half a cup, and set the rest to cool in ice-water. Beat the whites of three eggs until dry. When the liquid mixture becomes cold and begins to thicken, add to it the beaten whites, and continue to beat (with the egg-beater) until the whole will hold its shape. Then with it form rounds on serving-dishes, and set half an apricot on each, to simulate a poached egg. Pour a little of the reserved syrup over the apricots, to glaze them slightly and exclude the air, and set aside in a cool place until ready to serve. This recipe will serve ten or twelve.

Bananas and Cream in Pâte à Choux Basket

Bake a thin layer of sponge cake mixture in a round layer cake-pan. Let half a cup of butter melt in one cup of boiling water, and come to the boiling-point in a saucepan. Sift in one cup of sifted flour, stir and cook to a smooth mass, then turn into a mixing-bowl. Break in one egg, and beat the whole to a smooth paste. Then beat in a second egg, and, lastly, a third egg. Pipe the paste onto buttered baking-tins, making little cakes an inch across. Use a plain tube. Bake in an oven having strong under heat. Let cool on a cake rack. Boil half a cup of sugar and half a cup of water to the hard-ball stage. Dip the little cakes into the syrup, and dispose them on the edge of the layer of sponge cake, one row above another, to form a basket. Cut a strip of sponge cake half an inch wide for a handle, and set this in place within the basket. Reheat the syrup, if needed. Cut little cakes in halves. Dip the cut side in the syrup, and press upon the handle. Use the basket as a receptacle for ice-cream or for orange or other fruit jelly cut in cubes, Bavarian cream cut in cubes, strawberries, or sliced bananas, with whipped cream. Whipped cream alone, sweetened and flavored before whipping, may also be used as a filling.



Bananas and Cream in Pâte à Choux Basket

Pineapple Parfait, Easter Decoration

Beat one cup of double cream, one-fourth a cup of single cream, and half a cup of granulated sugar until thick to the bottom of the bowl. Then add one cup and a fourth of canned, grated pineapple, or the same quantity of fresh pineapple, grated and cooked with sugar until thick. Add also the juice of a lemon, and continue beating until the cream and pineapple are thoroughly blended. Turn the mixture into a qnart mould, cover with paper, press the cover down over the paper, and pack the mould in equal measures of ice and salt. Let stand between two and three hours. When unmoulded, garnish the dish with nests of meringue holding candy eggs.

Nests of Meringue

Beat the whites of four eggs until dry. Then gradually beat into them three-fourths a cup of granulated sugar and a teaspoonful of vanilla extract, and, lastly, cut and fold in one-third a cup of sugar. Fasten paper, such as grocers use around butter, upon a strip of hard wood an inch thick. Upon this mark out sixteen rounds of the same size. Fill half of these rounds with meringue, and pipe a ring of meringue in the others. Press slices of blanched almonds in the rings, and dredge all with granulated sugar. Set to cook, or rather to dry, in a very slow oven. After three-fourths of an hour increase the heat to color the meringues. Remove from the paper, and at once press the under sides of the rings upon the soft sides of the cases, to form nests.

Simple Menus Requiring but Little Preparation

Breakfast
Shredded Wheat Biscuit, Dates, Cream.
Rolls. Coffee.

Luncheon
Orange-and-Pecan Nut Salad.
Bread and Butter.
Cocoa or Tea.

Dinner
Fruit Cocktail.
French Omelet, Tomato Sauce.
Cheese. Crackers. Lettuce Salad.
Black Coffee.

Breakfast
Grape-nuts, Bananas, Cream.
Toasted Muffins. Eggs in Shell.
Coffee or Cocoa.

Luncheon
Stewed Lima Beans.
Shredded Wheat Biscuit, Toasted.
Stewed Seedless Figs, Cream.
Tea or Coffee.

Dinner
Broiled Steak, Fish, or Chops.
Baked Potatoes. Lettuce Salad.
Strawberries.

Breakfast
Boiled Rice, Bananas, Cream.
Sliced Smoked Beef.
Potatoes Cooked in Milk.
Zwieback.
Coffee or Cocoa.

Luncheon
Lettuce and Lima Beans, French Dressing.
Bread and Butter. Olives.
Nuts. Tea or Coffee.

Dinner
Raw Clams.
Canned Chicken.
Saratoga Potato Chips.
Lettuce, Prune-and-Pecan Nut Salad
(Mayonnaise with Whipped Cream).
Black Coffee.

April

Smiling sky and passing cloud,
Buds swelling fast,
Happy birds a-twittering,
April's here at last!

Chickens in the barnyard,
Feathery leaf and tree,
Merry little rivulets
Dancing to the sea!

Judith Giddings.

MENUS FOR EVERY DAY IN THE MONTH

SUNDAY, APRIL 1

Breakfast

Shredded Wheat Biscuit, Cream.
Cold Boiled Tongue. Horseradish.
Brown Hashed Potatoes.
Buckwheat Muffins.
Coffee.

Dinner

Cream-of-Corn (Canned) Soup, Germain.
Loin of Veal, Roasted, Brown Sauce.
French Turnips, Maître d'Hôtel.
Mashed Potatoes.
Spinach with Eggs.
Frozen Apricots. Sponge Cake.
After Dinner Coffee.

Supper

Creamed Oysters.
Lettuce, Orange-and-Date Salad.

MONDAY, APRIL 2

Breakfast

Toasted Wheat, Cream.
Broiled Sardines on Toast,
Cream Sauce.
Eggs in the Shell.
Bran Muffins.
Coffee.

Luncheon

Cold Boiled Tongue and Spinach,
Sauce Tartare.
Bread and Butter.
Stewed Figs, Cream.

Dinner

Tomato Bouillon.
Cold Loin of Veal.
Scalloped Potatoes.
Macaroni Baked with Cheese.
Dandelion Salad.
Lemon Jelly, Sliced Bananas, Boiled Custard.
After Dinner Coffee.

TUESDAY, APRIL 3

Breakfast

Farina, Cream.
Puffy Omelet, Tomato Sauce.
Yeast Biscuit.
Cereal Coffee. Cocoa.

Luncheon

Napolitaine Salad.
Boston Brown Bread.
Rhubard Pie.
Tea.

Dinner

Potato Soup.
Mackerel, Essex Style. Radishes.
Maine Corn on the Cob (Canned).
Lettuce. Cheese Balls.
Pineapple Parfait.
After Dinner Coffee.

WEDNESDAY, APRIL 4

Breakfast

Malt Breakfast Food, Cream.
Curry of Veal.
Fried Farina.
Dry Toast.
Coffee.

Luncheon

Macaroni Croquettes, Cheese Sauce.
Coffee Junket, Whipped Cream.

Dinner

Veal Broth with Vermicelli.
Cannelon of Beef, Tomato Sauce.
Mashed Potatoes.
Asparagus, French Dressing.
Custard Renversée.
After Dinner Coffee.

THURSDAY, APRIL 5

Breakfast

Gluten Grits, Stewed Peaches, Cream.
Beauregard Eggs.
White Mountain Muffins.
Cereal Coffee. Cocoa.

Dinner

Leg of Lamb, Roasted, Mint Sauce.
Franconia Potatoes.
Baked Bananas, Sultana Sauce.
Asparagus Peas, Buttered.
Orange Shortcake.
Coffee.

Supper

Beef, Potato-and-Green Pepper Hash.
Eggs Mollet.
Dry Toast.
Canned Pears. Cookies.
Tea.

FRIDAY, APRIL 6

Breakfast

Barley Crystals, Cream.
Egg Timbales, White Sauce.
Parker House Rolls.
Cereal Coffee.

Luncheon

Canned Corn Griddle-cakes.
Lettuce Salad, Cream Cheese.
Devil Biscuit.
Coffee.

Dinner

Cream-of-Pea Soup.
Salmon Loaf, Drawn Butter Sauce.
Home-made Pickles.
Potatoes Cooked in Milk.
Scalloped Tomatoes.
Lemon Sherbet.
After Dinner Coffee.

SATURDAY, APRIL 7

Breakfast

Grape-nuts, Cream.
Broiled Bacon and Calves' Liver.
French Fried Potatoes.
Breakfast Corn-cake.
Cereal Coffee.

Luncheon

Stewed Kidney Beans.
Stuffed Beet Salad.
Bread and Butter.
Prune Pie.
Tea. Cocoa.

Dinner

Réchauffée of Lamb, Macaroni and Tomato Sauce.
Spinach, Buttered.
Apricot Sponge with Apricots.
After Dinner Coffee.

SUNDAY, APRIL 8

Breakfast

Gluten Grits.
Sliced Pineapple.
Hashed Lamb on Toast,
Scrambled Eggs.
Cereal Coffee.

Dinner

Tomato Soup (Lamb Bones).
Fillet of Beef, Bernaise Sauce.
Potato Croquettes.
Asparagus in Cream.
Lettuce-and-Radish Salad.
Custard Soufflé, Foamy Sauce.
After Dinner Coffee.

Supper

Smoked Beef.
Bread and Butter.
Boston Cream Cakes.
Strawberry Preserves.
Tea.

MONDAY, APRIL 9

Breakfast

Grape-nuts, Cream.
Broiled Honeycomb Tripe,
Maître d'Hôtel Butter.
Potatoes Cooked in Milk.
Baking-powder Biscuit.
Cereal Coffee. Cocoa.

Luncheon

Broiled Bacon.
Baked Potatoes.
Lettuce-and-Egg Salad.
Toasted Baking-powder Biscuit.
Stuffed Prunes.

Dinner

Emergency Soup.
Cold Fillet of Beef, Sliced Thin,
Cold Bernaise Sauce.
Buttered Parsnips.
Creamy Rice Pudding with Meringue.
After Dinner Coffee.

Menus for Every Day in the Month—*Continued*

TUESDAY, APRIL 10

Breakfast

Boiled Rice.
Salt Codfish Balls. Piccalilli.
White Bread. Corn-meal Muffins.
Coffee.

Luncheon

Broiled Shad Roe,
Maître d'Hôtel Butter.
Potatoes, Delmonico Style.
Lettuce Salad. Cheese Custard.
Sliced Oranges.

Dinner

Stewed Fowl.
Baking-powder Biscuit.
Buttered Parsnips. Spinach with Eggs.
Tapioca Custard Pudding,
Vanilla Sauce.
After Dinner Coffee.

WEDNESDAY, APRIL 11

Breakfast

Shredded Wheat Biscuit, Toasted with Poached Eggs.
Rice Griddle-cakes, Maple Syrup.
Cereal Coffee.

Luncheon

Remnants of Chicken in Bechamel Sauce.
Toasted Baking-powder Biscuit.
Mayonnaise of Cabbage and Beets.
Rhubarb Tarts.
Tea.

Dinner

Shad Baked with Dressing.
Cucumber Salad.
Mashed Potatoes.
Delicate Indian Pudding,
Whipped Cream.
After Dinner Coffee.

THURSDAY, APRIL 12

Breakfast

Boiled Rice, Milk.
Bacon Omelet. Baked Potatoes.
Doughnuts. Coffee.

Dinner

Poached Fillets of Halibut with Lobster Newburg, White Sauce.
Potato Diamonds with Peas.
Lettuce Salad.
Lemon Pie.
After Dinner Coffee.

Supper

Cold Corned Beef, Horseradish Sauce.
Entire-wheat Bread and Butter.
Evaporated Apricots, Stewed.
Sponge Cake.
Tea.

FRIDAY, APRIL 13

Breakfast

Salt Mackerel, Baked in Cream.
Baked Potatoes. Radishes.
Hot Cross Buns.
Coffee. Cocoa.

Luncheon

Tomato Rabbit on Macaroni.
Scalloped Rhubarb.
Tea.

Dinner

Fried Cream-of-Farina Soup.
Halibut Cutlets, Pojarski Sauce.
Boiled Bermuda Onions, Buttered.
Asparagus, French Dressing.
Individual Strawberry Shortcakes.
After Dinner Coffee.

SATURDAY, APRIL 14

Breakfast

Malt Breakfast Food, Cream.
Shirred Eggs.
Yeast Doughnuts.
Cereal Coffee. Cocoa.

Luncheon

Hot Brown Sandwiches.
Beet Greens.
Tapioca Custard Pudding,
Vanilla Sauce.
Tea.

Dinner

Broiled Sirloin Steak.
Delmonico Potatoes.
Spinach.
Queen of Puddings
(Bread with Jelly and Meringue).
After Dinner Coffee.

EASTER SUNDAY, APRIL 15

Breakfast

Oranges. Barley Crystals, Cream.
Mushroom Omelet. Brook Trout, Fried.
Parker House Rolls. Coffee. Cocoa.

Dinner

Strawberry Cocktail.
Loin of Lamb, Bread Stuffing, Roasted, Mint Sauce.
Banana Croquettes, Currant Jelly or Maraschino Sauce. Mashed Potatoes.
Asparagus in Swedish Timbale Cases.
Lettuce-and-Pepper Grass Salad.
Pineapple Parfait, Easter Style.
Sponge Cake. Pignolia Nuts.
After Dinner Coffee.

Supper

Creamed Chicken in Chafing-dish.
Apricot Sponge, Easter Fashion.
Waldorf Triangles. Cocoa.

MONDAY, APRIL 16

Breakfast

Gluten Grits, Cream.
Deviled Ham, Creamed, on Toast,
Poached Eggs.
Yeast Rolls Reheated. Marmalade.
Cereal Coffee. Cocoa.

Luncheon

Oyster, Clam, or Corn Chowder.
Water Crackers.
Stewed Prunes. Cream Cheese.
Tea.

Dinner

Cream-of-Spinach Soup.
Svea Wafers.
Lamb Soufflé, Tomato Sauce.
Buttered Parsnips.
Coffee Jelly, Whipped Cream.

TUESDAY, APRIL 17

Breakfast

Boiled Rice.
Salt Codfish Balls.
Mayonnaise *Tomatee.*
Buckwheat Muffins.
Cereal Coffee. Cocoa.

Luncheon

Shad Roe-and-Cucumber Salad.
Toasted Rolls (Yeast).
Pears on Hot Cake Croutons.
Tea.

Dinner

Soup.
Thick Slice of Halibut Baked in Cream.
Potatoes, Maître d'Hôtel Style.
Stewed Flageolet. Cole Slaw.
Open Rhubarb Pie. Salted Pecan Nuts.
After Dinner Coffee.

WEDNESDAY, APRIL 18

Breakfast

Oatmeal, Milk.
Broiled Lamb Chops.
Saratoga Potatoes.
Rice Griddle-cakes, Maple Syrup.

Luncheon

Lettuce-and-Egg Salad.
Rye Bread and Butter.
Grape Juice Whip in Glasses.
Sponge Cake.
Tea. Cocoa.

Dinner

Lentil Soup.
Hot Baked Ham, Spinach Timbales.
Macaroni in Cream Sauce.
Hot Baba, Jam Sauce.
After Dinner Coffee.

THURSDAY, APRIL 19

Breakfast

Ham Omlet, Tomato Sauce.
Fried Farina.
Toasted Shredded Wheat Biscuit.
Rhubarb Marmalade.
Cereal Coffee.

Dinner

Consommé. Svea Wafers.
Boiled Chicken, Savory Rice.
Parsnip Fritters.
Orange-and-Date Salad.
Cheese. Water Crackers.
After Dinner Coffee.

Supper

Creamed Chicken in Chafing-dish.
Olives. Salted Pecan Nuts.
Pineapple Omelet.
Tea.

FRIDAY, APRIL 20

Breakfast

Toasted Wheat, Sliced Bananas, Cream.
Cream Toast with Cheese (in Sauce),
Poached Eggs.
Zwieback.
Cereal Coffee. Cocoa.

Luncheon

Salmon Loaf, Drawn Butter Sauce.
Cabbage Salad.
Buttered Potato Balls.
Jello-O. Doughnuts.
Coffee.

Dinner

Baked Beans (Boston or New York Style).
Tomato Ketchup. Melon Mangoes.
Custard Renversée. Macaroons.
After Dinner Coffee.

SATURDAY, APRIL 21

Breakfast

Grape-nuts, Cream.
Deviled Ham Omelet.
Potatoes Hashed in Milk.
Rye-meal Muffins.
Cereal Coffee. Cocoa.

Luncheon

Salt Codfish Chowder.
Water Crackers. Radishes.
Dried Peaches, Stewed, Cream.
Cake. Tea.

Dinner

Veal Cutlets, Luncheon Style.
Canned Corn Custard.
French Fried Potatoes.
Tomato Jelly Salad.
Plain Junket, Caramel Sauce.
After Dinner Coffee.

SUNDAY, APRIL 22

Breakfast
Malt Breakfast Food.
Fish Cakes, Broiled Bacon.
Yeast Waffles.
Cereal Coffee. Cocoa.

Dinner
Rib Roast of Beef.
French Turnips, Franconia Style.
Mashed Potatoes.
Cabbage-and-Nut Salad.
Strawberry Bombe Glacé.
Nut Meringues.
After Dinner Coffee.

Supper
Oyster Patties, Swedish Cases or Ramekins.
Plain Charlotte Russe.
Coffee.

MONDAY, APRIL 23

Breakfast
Barley Crystals, Cream.
Beef and Potato Hash.
Breakfast Corn-cake.
Cereal Coffee.

Luncheon
Salmon Salad.
Salad Rolls.
Lemon Jelly, Whipped Cream.
Coffee.

Dinner
Cream-of-Asparagus Soup.
Cold Roast Beef, Horseradish Sauce.
Baked Potatoes.
Buttered Parsnips.
Lettuce Salad.
Floating Island.
After Dinner Coffee.

TUESDAY, APRIL 24

Breakfast
Toasted Wheat, Cream.
Broiled Honeycomb Tripe.
Lyonnaise Potatoes.
Baking-powder Biscuit (Entire Wheat).
Cereal Coffee. Cocoa.

Luncheon
Macaroni-and-Cheese Custard Pudding.
Beet Greens.
Prune Soufflé, Cream.
Tea.

Dinner
Cream-of-String Bean Soup.
Breaded Lamb Chops,
Tomato Sauce.
Scalloped Potatoes.
Cress-and-Egg Salad.
Canned Fruit. Oatmeal Macaroons
After Dinner Coffee.

WEDNESDAY, APRIL 25

Breakfast
Strawberries.
Boiled Rice, Cream.
Broiled Sausage.
Baked Potatoes. Radishes.
Waffles. Dry Toast.
Coffee. Cocoa.

Luncheon
Potato-and-Anchovy Salad.
Rye Bread and Butter.
Rhubarb Pie, Red Lion Inn Style.
Coffee.

Dinner
Stewed Chicken,
Baking-powder Biscuit.
Spinach Greens.
Tapioca Custard Pudding, Wine Sauce.
After Dinner Coffee.

THURSDAY, APRIL 26

Breakfast
Shredded Wheat Biscuit.
Bananas, Cream.
Poached Eggs in Spinach Nests on Toast.
Parker House Rolls.
Cereal Coffee.

Luncheon
Dried Lima Beans, Stewed and Buttered.
Biscuits en Surprise (Cooked Sausage in Centre).
Fresh Pecan Nuts. Dates.
Tea.

Dinner
Leg of Lamb Soup, Pot Roast Style.
Plain Boiled Potatoes.
Fried Parsnips. Cress Salad.
Tapioca Custard in Cups, Snow Eggs.
After Dinner Coffee.

FRIDAY, APRIL 27

Breakfast
Baltimore Samp, Maple Syrup, Cream.
Salt Codfish Balls, Anchovies in Centre.
Pickles. Radishes.
Boston Brown Bread, Toasted.
Coffee.

Luncheon
Fresh Fish Chowder. Water Crackers.
Lettuce Salad.
Apricot Dumplings, Apricot Sauce.
Cereal Coffee.

Dinner
Strawberry-and-Orange Cocktail.
Planked Shad. Duchess Potatoes.
Creamed Shad Roe au Gratin.
Cucumbers. Peas or Asparagus.
Apricot Sponge, Easter Style.
After Dinner Coffee.

SATURDAY, APRIL 28

Breakfast
Broiled Bacon. Baked Potatoes.
Fried Corn-meal Mush.
Dry Toast.
Cereal Coffee. Cocoa.

Luncheon
Gnocchi à la Romain (Hot Cheese Preparation).
Lettuce Salad.
Steamed Fig Pudding.
Tea.

Dinner
Soup.
Hot Boiled Tongue,
Spinach Timbales, Cream Sauce.
Strawberries, Cream.
Sponge Cake.
After Dinner Coffee.

SUNDAY, APRIL 29

Breakfast
Yeast Rolls. Dry Toast.
Rhubarb Marmalade. Coffee.

Dinner
Soup.
Roasted Guinea Hen.
Mashed Potatoes.
Asparagus, Hollandaise Sauce.
Cress Salad.
Junket Ice-cream (Lemon).
Preserved Ginger.
After Dinner Coffee.

Supper
English Muffins, Toasted.
Strawberries, Cream.
Tea. Cocoa.

MONDAY, APRIL 30

Breakfast
Broiled Lamb Chops. Radishes.
Potatoes Hashed in Milk.
Corn-meal Muffins. Dry Toast.
Coffee. Cocoa.

Luncheon
Cream-of-Corn Soup.
Stewed Peaches (Dried), Cream.
Bread and Butter. Edam Cheese.
Tea. Cocoa.

Dinner
Prune Cocktail.
Sweetbreads, Sautéd, Bernaise Sauce.
Peas or Asparagus Tips.
French Fried Potatoes.
Lettuce Salad. Cheese Balls.
Strawberry Shortcake.
After Dinner Coffee.

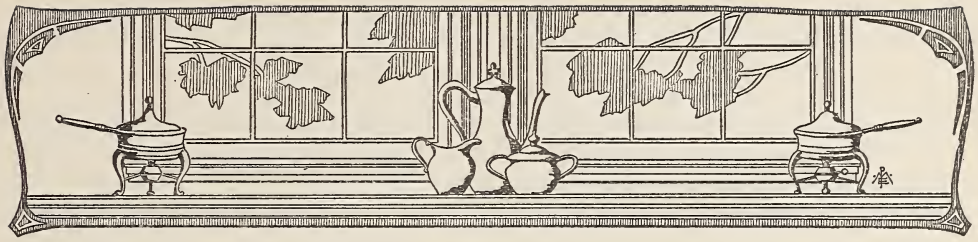
MENUS FOR EASTER DINNERS

I

Ramekin Cases, Casanova Style.
Consommé en Tasse. Svea Wafers with Cheese.
Shad Roe Croquettes, Sauce Tartare. Cucumbers. Salad Rolls.
Crown Roast of Lamb. Saratoga Potatoes. Asparagus, Hollandaise Sauce.
Pineapple Fritters, Maraschino Sauce.
Cress Salad.
Golden Parfait, Nests of Meringue with Easter Eggs.
Pignolia Nuts. Crystalized Ginger Root.
Coffee.

II

Fruit Cocktail.
Consommé, Infanta Style. Cassava Bread.
Fried Brook Trout. Cucumbers.
Sweetbreads, Sautéd, Sauce Bernaise Tomatee.
Saddle of Mutton, Delmonico Potatoes. French Turnips Filled with Asparagus Tips.
Pâte-de-foie-gras in Aspic Jelly. Lettuce, French Dressing.
Strawberry Bombe Glacé, or Sultana Roll, Strawberry Sauce.
Angel Cake. Bonbons. Salted Cashew Nuts.
Coffee.



After Breakfast Chat

By Janet M. Hill

"It is not merely the feeding of the household which is required of a cook, but their nutrition, —a much wider requisition."

They for whom "the ideal transfigures and glorifies the humblest actualities of life" "need not seek for a far-away heaven to be attained hereafter. They find it here and now, for they have learned the Art of Living."—LEWIS G. JANES.

WE hear much of the "joy of work," but the half has ne'er been told. Sorrow comes to us, and we wonder how day can succeed night and the weeks come and go just the same when our loved ones have no part in these things. The companionship of those we love makes earth a paradise: to work for them and with them is what life means. But, when we are bereft and must needs take up the responsibilities of life apart from those once dear, then it is that work takes on a new meaning, for in it we strive to forget ourselves, and in time, perhaps, learn to be less selfish in our endeavors.

Sometimes sickness befalls us: we lose interest in life, and work becomes a burden that is borne complainingly. But with the first return of health we take up again with joy and zeal our accustomed duties, finding in the faithful performance of these the satisfaction that always comes from the happy consciousness of work well done.

If work is to be a joy, we must be equal to its requirements. We must feel that this thing which we are doing is done better than others could do it. And we must have, also, the health commensurate to the demands made upon us.

The work of the majority of those who read these pages, we surmise, is that of the home-maker; and the earlier one's training in this line begins the more of a success she will be likely to make of it. This training begins with learning how to take care of one's self and one's belongings. It is no kindness, for instance, to a child to do everything for him. Teach children to be self-reliant as early as possible. Teaching is of but little use, however, unless it be accompanied by the opportunity to use what one has acquired. It is no hardship for a young girl to acquire early the habit of dealing intelligently with tradespeople. She should be able to select proper food for the family, and, occasionally, at least, to cook the same. To do anything well, one must begin to practise early in life. It may be true in the case of home-makers, as in that of doctors, that it takes several generations to turn out a finished practitioner.

While we believe in early training in home-making, we are not of those who think that a woman's whole duty lies within the four walls of her house. We heartily believe in a woman's "sacrificing often upon some of the beautiful wayside altars of art or science, in travel or social pleasure." A woman who becomes broadly in-

telligent through membership in a club, the reading of books, both old and new, and the daily papers, and who comes in contact, through social intercourse, with earnest and thoughtful men and women, can do vastly more for her family than she who buries herself in her household duties. To be able to decide upon the duties that are worth the doing and to ignore all others is a thing to learn early in life, before one's ideas and habits have become unchangeable.

A letter of inquiry, received of late, deserves more than passing attention. The following are some of the questions upon which light is desired: How can an inordinate desire for fudge and similar sweets be corrected in young people of about sixteen years of age? Is it wise to allow them to make or buy candy every day?

Candy Eating

Children crave sweets. This cannot be denied. But, taking into consideration the kind of food eaten daily by the average child, we should say emphatically that candy should not be eaten every day. Then there arises the exception to the rule. We have in mind a boy of sixteen, who eats no cereals, no cake or cookies, no tea or coffee with sugar, and no desserts except ice-cream or certain kinds of pie occasionally. Bananas (once a day), currant jelly, stewed apples, and cranberries are never refused by him. Now, while sweets in the form of honey, dates, and figs are most wholesome and first to be commended, if, through perversity of taste, these be passed over, we do not think candy in small quantity, as the dessert after a dinner of soup, meat or fish, and vegetables, would be objectionable *for the boy in question*, and especially if the prepared fruits mentioned be not partaken in large quantity.

The Correction for Over-fondness of Sweets

The mother of children about sixteen years of age knows full well that they are restless and nervous and have strong cravings often for indigestible articles of food. Happy is that mother who is able to meet this craving with natural food products, rich in natural flavor. Then, if ever, is meat and fish in demand; but her main reliance should be placed on asparagus, lettuce, cress, green peas, string beans, *nuts*, fully ripe bananas, oranges, dates, and fresh fruit of all kinds.

In the localities where it grows, the sugar-cane will prove a veritable "gift of the gods" to tide over this troublesome period. Flavor is what is looked for. In meats and fish the natural flavor may be intensified by the mode of cooking. Roast or broiled, rather than boiled or stewed, fowl or beef should be presented. So also let the fish be broiled over the living coals, and, occasionally, even fried. Now is the time when a knowledge of what may be accomplished with onions and mushrooms, with meat broth and tomatoes as flavorers, for insipid rice, macaroni, and farina, is well-nigh indispensable to the caterer for a family. Truly, one cannot begin too young to learn of these things.

"On Easter Day in the Morning"

By Marjorie March

TO the calendar and to the entertainer alike April means Easter, that feast day about which beautiful customs cling. Easter is the Day of Resurrection, and, as at this time of year the spring makes manifest the rising to newness of life, so have its floral beauties and other forms symbolic of growth come to be considered conventional Easter Day decorations.

But when spring flowers, eggs, ducks, and chickens reign supreme, as Eastertide favors, the clever hostess can find many a combination of set forms and conventionalities which will give to her decorations a bit of newness, a touch of originality.

Some of these suggestions may be of use to those who wish to set hospitable Easter tables.

A Spring-time Table

The foundation for this idea is found in the possibility of utilizing that friend of the decorator, crêpe paper. In this case a table cover of green crêpe paper is thickly covered with shredded green paper, cut in long strips and pasted in place. This cover in turn is overtopped by a cover of coarse brown net. The shredded paper is then pulled up through the meshes, making a very good imitation of grass growing through the brown earth. The centre-piece may be a little mound of real earth placed in a low, circular dish, which is edged with artificial grass. Out of the bed of earth grow some flaming tulips, either real ones stuck in the damp earth or paper ones. Four golden cords escape from under a green bow of ribbon on the chandelier, droop to the four edges of the table, there to be fastened under smaller green bows. From these silken cords, suspended by almost invisible wires, hang some dainty paper butterflies. The souvenir at each place may be a tiny red flower-pot, filled with candy eggs. Small circles of artificial grass cover these pots, and one paper tulip is stuck in each grass circle.

A Rabbit Table

Any hostess, wishing to give an inexpensive Easter party can plan for a chafing-dish supper, having a most novel table decoration. The menu may consist of Welsh rabbit, creamed oysters for those who cannot eat cheese, hard-boiled eggs, dainty crackers, cheese, coffee, and apple pie. A chafing-dish outfit at each end of the table provides the rabbit and creamed oysters as they are cooked.

Have the table, without a cloth, laid with doilies, cut in egg-shape from very stiff white paper, under the plates. Have in the centre of the table a brown fur rabbit holding a carrot. At each place a little brown rabbit holding a basket on its back may stand, the basket holding a little burden of cheese. The china should be gold and white. Baskets decorated with yellow bows may hold hard-boiled eggs (shells removed), crackers, and cheese. The coffee and pie are served from a side table.

Such a dainty little supper, coming at the end of an evening of pleasure, puts hospitality in its pleasantest mood.

A Violet Affair

Violets are particularly suggestive of Easter and spring-time, and a table for a dinner party can be arranged as follows: Over a spotless white cloth have two long pieces of violet ribbon (a light and a darker shade) cross each other at the centre of the table, where a tall vase of green pottery holds a great bunch of violets. These may be

real or artificial, as preferred. Effective candle-shades can be made by sewing the leaves of artificial violets over golden paper shades. A wee bunch of violets at each place is a pretty souvenir. These may be of ribbon or silk or paper, enfolding a violet-scented amulet. These sweet little trifles cost ten cents each. Small, green, glass baskets, filled with candied violets, may be the bonbon dishes.

A Chicken Supper

A chicken supper makes an acceptable high-tea function, and is a pleasing form of hospitality, where informality is invited with the guests. For the centre-piece have a toy hen resting on a bed of straw, surrounded by a brood of fluffy little cotton chicks. Have two small baskets, also filled with straw, holding Easter candies, yellow and white bonbons. At each place a panorama egg may be the souvenir, or else the following pretty little fancy: Have an inexpensive egg-cup at each place holding an egg-shell, which is broken off rather near the top. Have these shells filled with a little earth and a wee fern growing in each one. Name cards, Easter cards with "A Happy Easter" and the guest's name on one side and the menu written on the other side, may be also at the several places.

If the little egg fern jardinières are used, place them on plates as a first course, and let the guests have a laugh by putting down the first viand on the menu as "Egg-plant."

For the supper have chicken, rice croquettes, chocolate or tea, Sally Lunn, hard-boiled egg salad with mayonnaise dressing, custards with whipped cream, and angel cake.

An Easter Lily Centre-piece

An Easter lily in its pot makes, perhaps, the loveliest centre-piece for an Easter table. Paint the pot white or gilt, or it may be edged with a white paper frill. About the top tie a white ribbon bow, from under which escape as many streamers of narrow white ribbon as there are guests. These stretch to the several places, there to tie in small bows on the handles of tiny, white, raffia baskets. These baskets can hold little vials of fragrant lily perfume. They make unusual and attractive gifts.

A Duck Pond

A duck pond is a particularly good centre-piece to have for a child's Easter party. Place in the centre of the table a mirror, either oval or square, edging it with artificial green moss and tiny ferns. Have toy cotton ducks swimming on the pond.

Fluffy, duck, candy boxes hold sweets at each place.

A Flower-graced Angel Cake

An angel cake baked in a Turk's-head tin will make an attractive centre-piece for a home dinner at the Easter season. Stick a bunch of daffodils in the centre, so that the flower-heads nod well above the cake. Decorate the frosted edges of the cake with shreds of angelica and candied orange peel.

An orange opened like a daisy may be the fruit course at the beginning of the meal. In a small hole made in the centre of each fruit portion stick one daffodil, in each orange.

White, green, and yellow bonbons may be held in yellow crêpe paper boxes. A joyous Easter-tide may it be to the readers of these words; and may the gentle flowers of Hospitality and Good Cheer rise to newness of life in our hearts and our homes, where we bid the Spring-time enter!

An Originator of Soups

By Arthur W. Brayley

BOSTON is famous for many things, good and bad, but it has one thing to its credit that is not generally known. For instance, how many *bons vivants* of these days are aware that the delicious, famous pottage Julien originated in Boston? The inventor, although not a native, spent many years of his life here, and together with his wife and family is buried in the graveyard on Boston Common.

Monsieur Jean Baptiste Gilbert Payplat dis Julien was a native of France, and came to Boston with the celebrated Dubuque, who was a refugee from the French Revolution. M. Dubuque occupied for a time the Shirley Mansion in Roxbury, where Monsieur Julien looked after his creature comforts; and after his departure Julien decided to remain here, and give the people a sample of really good French cooking. He started business on rather a small scale in Congress Street, opposite the old Quaker Meeting-house; but on July 21, 1794, he purchased the building located at the angle of the streets opposite the Milk Street openings into Congress and Federal Streets, and fitted it up for the purpose of a restaurant. It was called "Julien's Restorator," and was the first establishment in Boston noticed with this distinctive title. All the rest were taverns or boarding-houses.

It was a quaint-looking, old house, and was universally known by Bostonians in its later years as Julien's Restaurant.

Beneath this roof not only Bostonians, but guests from all parts of the country, were welcomed by the genial Frenchman and his amiable wife.

Besides the Julien soup, Boston also, owes to this man the honor of having introduced the king of soups, that of the turtle. On April 18, 1794, a local print contained the following notice:—

"RESTORATOR.

"Mr. Julien respectfully informs the citizens of Boston and the public in general that he is constantly provided with turtles. As they are a species of amphibious animal, whose food is efficacious in remedying the numerous disorders incident to the spring, the Roman philosophers recommended it with success and efficacy.

"The soup made of turtle, like the brown soup of Mr. Julien's, will be free from ingredients, and with but a small quantity of spice. Good lean beef, veal, and fowls will form the basis. It is not the design of the Restorator to deprive gentlemen of the felicity of dining with their families by overcharging their stomachs. The ingredients of this soup render it such that its effects are 'as if increase of appetite should grow by what it fed on.'

"If by his assiduous endeavors to please Mr. Julien shall merit the notice of the public, he will feel amply gratified."

It would appear that the turtle soup which he served was of the variety known as "clear," from the statement that it "will be free from ingredients."

Mr. Julien died suddenly in 1805, and the business was carried on by his widow until December, 1815, when the house was rented by Frederic Rouillard for the same purpose; and he kept the restaurant until 1823, when, the property having been sold, he removed to the old house at the corner of Devonshire Street, known as the Stackpole House.

The following tribute to the memory of Mr. Julien is of interest:—

"Monsieur Julien's Restorator, which, during his lifetime, was so long and justly celebrated among strangers and inhabitants of the first distinction and taste, as well as for the urbanity of its respected host, as for the excellence of his various entertainment, will be continued open as a house of elegant resort, under the care and direction of the widow of its late proprietor, and we have no doubt will preserve the high character it has acquired for many years. The sudden death of Monsieur Julien was a subject of much regret to all who had known him, either when employed in the discharge of his professional labors, or who had witnessed him in the more interesting scenes of domestic and social life. With an education and an intellect, which would have adorned a higher sphere in society, he performed all the relative duties of his place with meek assiduity and winning politeness. In his connection with man and his manners, he never stooped to pride nor aspired to ostentation. In his intercourse with his fellow-men, he was honest to his own promises and benevolent to the wants of others. An extensive class of the poor of this town will often, in their orisons to that Being 'who doeth the ravens feed,' breathe a pious blessing on the memory of the charitable Julien."

Marketing in Mexico

By Rose Russell

AS Sunday is the best day for marketing, since one is assured of finding some really fresh vegetables then, María goes to early mass so as to be able to accompany me to the *Parián*. Not that I need a chaperon, for, though not exactly fair, I am fat and haughty, and feel that it does not add to my attractiveness to carry a large basket and the door key,—a small affair about a foot long, and weighing nearly two pounds,—hence María. María does very well by herself, if one is not too particular as to the freshness of the vegetables, and if one does not mind losing from twelve to fifty cents on the purchases; but the combination of "Me and María" is conducive to better dinners and a little spare cash in my pocket instead of hers.

The *Parián*, or market-place, is situated in the *Plaza de Colón*, near the centre of town, and is quite a distance from the house. Walking is preferable to the electric mule cars, whose slow progress along perfectly level streets is changed into a series of rapid jolts when the motive power is brutally lashed upon reaching a steep grade. How often have I wickedly wished that the mules, when kicking, would accidentally hit the driver!

That Mexico has but rudimentary ideas as to the proper treatment of animals can be judged by the fact (I admit it sounds like fiction) that some time ago a bull-fight was given in the City of Mexico for the benefit of the recently established Society for the Prevention of Cruelty to Animals.

The *Parián* occupies a whole block, and is a one-storied, shabby building, ornamented, however, with a clock-tower, whose four faces often show different times, quite refreshing in their independence of each other and illus-

trative of the broad-minded tolerance of the people.

The streets surrounding the *Parián* are filled with ragged, dirty specimens of humanity, most of them *criadas* and *mozos* intent on their daily marketing. The outer stalls are occupied by butchers, dealers in junk, tinware, and crockery, and also cheap-clothing dealers whose wares fill the sidewalks, forcing passers-by to walk in the road.

The butchers' stalls are very attractive—to the flies. If you are at all squeamish, don't go to market yourself, for you would never eat meat again in Mexico. As regards myself, I got over my squeamishness years ago.

I am fortunate at discovering at the place where I usually deal a large piece of beef hanging up, and so I know that it has not been pawed over by scores of dirty hands, as is the case with that which is cut up on the counter. And I have come early enough to secure the whole *filete*, or tenderloin, which is about the only part of a beef worth eating here, and is cut out of the beef entire, as is also the *lomo*, or loin. I pay only one peso for it, which is remarkably cheap, for it weighs more than four pounds.

One enterprising butcher, to cater to the American trade, cuts so-called steaks, but they are a miserable travesty of their American namesake, being about one-quarter the size and very tough, as is the case with nearly all the meat here. Mutton has always a piece of the wool attached, to distinguish it from goat, which sells at twenty centavos a kilo,—half the price of mutton. Meat is rather cheap and plentiful, but is of poor quality, pork especially, which is best left alone in Mexico.

There is, supposedly, a meat inspector, but, judging from the looks of the liver and kidneys displayed, very little inspecting is done. A very dirty boy in a very dirty apron is twisting some very dirty kid's entrails on a very dirty stick for a very dirty customer, who is patiently waiting. It is awful, and I hurry away, followed by María, who looks at me reproachfully for not asking for a *pilón*, which, had I received, would have been in the shape of a scrap of tough meat or a piece of liver.

We now go to the poultry stalls, which consist of a few men and women, the latter carrying babies, all standing on the corner with their live stock thrown over their shoulders. You can buy a battle-scarred veteran of a rooster or a scrawny chicken for about five reals. They look too tough for me, so I secure two broilers, which evidently need a mother's care, paying for them three reals apiece.

"In the market the dealers in turkeys report a great demand for the holidays, and say that they cannot supply the demand," is what an imaginative reporter on our daily English paper writes. I should say not, when the said dealers consist of an old woman, who never has more than one turkey, which she is in no haste to dispose of before 10 A.M., as she has paid her license to stand on that particular place to sell her turkey, and she wants to get full value for her money. When the turkey appetite comes o'er us, we send to Bella Vista, a farm near town, where we can secure a very fine one for six pesos.

María is about to place the *pollitas* on my nice *filete*, when I protest. Then she protests against carrying them in her hands. Just then a little urchin offers his services for three whole cents, which María offers to pay, and with this addition to my retinue I enter the market for fruits and vegetables. It is crowded, and there is in the air an all-pervading smell, like new-mown hay that has been cut a long time and left in the sun and rain. It emanates from the great unwashed, the freshly tanned leather in the shoe stalls, and from the decomposed fruit and vegetables, which at one-fourth the price find ready pur-

chasers. No wonder the Mexican lower classes die, in great numbers, of intestinal troubles.

"*Mi alma, mi alma, no quiere elotes?*" is the cry that greets me from a stall kept by an old woman, whose vegetables still enjoy their pristine freshness. Though the green corn is not as sweet as ours, it is tender, and I buy some at two cents an ear, and also purchase some cauliflower and string beans, paying for each article as bought, for the majority of these dealers cannot count, and my computation is doubted, and calls forth an appeal to the neighboring stalls, which brings on an argument, lasting ten or fifteen minutes, and leaves the dealer with the impression that he has been cheated. Another reproachful look from María, and a few appealing words to the old woman, bring into my basket a large green *chile* as a *pilón*. Vegetables are plentiful, and consist of string beans, peas, carrots, egg-plant, cauliflower, cabbage, summer and Hubbard squash, beets, lettuce, turnips, onions, tomatoes, green corn, *aguacates*, okra, spinach, and cucumbers. With the exception of a few, all are procurable the year round at reasonable prices.

María piloted me to a stall where are some fine *aguacates* at four cents, each. Upon asking the vendor if he would not give me a dozen for fifty cents, he indignantly refuses, thinking, doubtless, from my question that I wish to get the best of the bargain. However, I buy a dozen, giving him twelve cents for every three, and in the end he finds he is out two cents. An American is always overcharged for everything in Mexico, owing to the impression, as prevalent as mistaken, that we are all millionaires.

As it is Sunday, a band is playing in the centre aisle, and it is with difficulty that I make my way through the mass of people gathered to hear the music and meet their friends. María greets all hers with the same salutation, a kiss on both cheeks, and the following dialogue ensues: "Good-morning." "Good-morning." "How did you pass the night?" "Well, thank you. "And you?" "Very well, thank you." "And how is your father?" "Well, thank you." "Thanks be to God, I am glad to hear it; and how is your mother?" "Well, thank you." "Thanks be to God, I am glad to hear it; and how are all the little ones?"

But here I generally interrupt the conversation, as I fear María will be asked about the health of all her numerous relatives, and she has many, I know, although she has lost five grandmothers and numerous aunts and uncles within the past year. Unfortunately, all happened to get sick and die on the day I expected company. Well, she now reluctantly bids her friend goodbye, kisses her again on both cheeks, and follows me, only to repeat the performance a little farther on when she meets another *amiga*.

On the way to the fruit stalls we pass a number of persons sitting on small boxes eating *enchiladas* and drinking coffee. The presiding deities of the feasts are generally old women, who have absorbed so much grease from their cooking that they can hardly move, so they squat on the ground in front of their small charcoal fires, cook, administer to the wants of their guests, and wash their dishes, all without stirring from the spot. Every one seems happy and contented, with the exception of a woman whose child I have tumbled over, and who, despite my apologies, abuses all *Americanos* until I give her *angelito* a *medio*.

The fruit does not look very inviting, much of it being withered, but I buy some American apples at ten cents each and pineapples at twenty-five cents. Oranges are plentiful, but they do not possess the flavor of those from California or Florida. In fact, we get very little good fruit here, if we except

(*Continued on page* xxvi.)



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

Short Cuts

A QUICK way to warm plates in cold weather is to dip them in hot water. Dry in a dish rack or with a towel.

Invert the handles of knives, forks, and spoons in a pitcher of hot water, to warm them.

When covers lose the original knobs, replace them with others that can be bought for 10 cents per dozen at the novelty store.

To remove the disagreeable odor of fish and onions from cooking utensils, bake them in the oven a few minutes after they have been washed and dried.

The flavor of fish is greatly improved, if fried in fat saved from a former frying.

Beef fat added to lard, in the proportion of one part to three of lard, will lessen the tendency of fried cakes to soak fat.

Mashed potatoes are greatly improved, if they be first put through a ricer, then add milk or cream, and whip until creamy with a perforated cake spoon.

Rubber heels on the housekeeper's shoes are restful to the wearer, practically noiseless, and save the linoleum or hard-wood floors from heel marks.

Those who have not tried it do not know the comfort of a sheet of sandpaper to smooth the irons on ironing day.

Peach stains may be prevented by washing the article in clear cold water immediately after using. The brown spots do not appear until after the article comes from the washing, and washing in clear water before any soap touches the spots will prevent them altogether.

Perhaps there are not many more efficacious remedies for nail or fork wounds, bee stings, burns, etc., than common baking soda, made into a thick paste with water and bound upon the afflicted member.

Clothes-pins last longer if boiled occasionally in hot suds. Brooms likewise, if dipped in boiling suds once a week. The process toughens the brush, and renders it more pliable.

We are fond of the better grade of dried herring, and I find they may be relieved of the skins more easily after soaking half an hour in cold water. MRS. W. L. C.

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What our Children Eat

IT seems to me that the average parent takes a mistaken attitude with regard to his or her children's diet. The theory seems to be that, if a child sees something on the table and wants it, he must be allowed to have it, however unsuitable it may be. This means either that a child is to eat everything he wants or else the grown people of the family are to adapt their diet to accommodate his undeveloped digestion. The latter alternative seems absurd, so the former prevails. The result is that the American child has defective teeth and weak nerves and lacks stamina generally. Now we all

see things we would like to have and can't. One of the most important lessons of life is to learn to say "no" to one's self, and a child cannot begin to practise self-control too soon. Moreover, it is far easier for him to learn it amid the gentle surroundings of home than out in the world, where no one will be particularly considerate of his feelings. L. H. W.

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BAYBERRY candles cost fifty cents apiece, if one buys them, so last summer we decided to utilize some of the long, lazy days by picking the berries and getting the wax for ourselves. I confess that the picking is slow work, but the results were so satisfactory that we did not regret the time thus spent. When we had collected berries enough, we put them into a kettle with plenty of water, and kept them boiling fast. As the wax rose, we skimmed it off, and threw it into a small pail of hot water, and, when this cooled, it left the wax in a neat little cake on top. In the fall we carried home these cakes, melted them, and ran the wax into ordinary candle moulds. These bayberry candles burn steadily, giving out a faint aromatic odor, and, as they burn more slowly than common candles, they last a long time. M. F. T.

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The Hostess

A GREAT deal has been written of late concerning the duties and the shortcomings of guests. Now it is high time to say a word on the other side. However excellent their intentions, hostesses are far from perfect. For example, there is the one who, with the kindest possible heart, wears you out because she wants you to have such a good time. I went to visit her myself, not long ago, when I was convalescing from a sharp attack of neuralgia. My arrival was prefaced by a clear statement of the doctor's orders that I must be quiet, and a supplementary declaration that I must devote all my strength to finishing a paper on "The Church and the State," to be read at the club on my return home. But I reached my destination to find that my hostess was giving a dinner, a lunch, and a small card party in my honor, and had accepted invitations for me to the extent of eight more such entertainments at the houses of her friends. When I remonstrated, she protested, in evident surprise: "But they are all so small! They can't tire you. I declined several large affairs for that very reason." So I went to the parties, and came home worn out and without one word written of that long and important paper.

Again, there is the hostess who never lets you alone. If you retire to write letters, she sits beside you, and converses so continuously that composition is impossible. If you suggest taking a nap, she exclaims: "Oh, I believe I will, too. I can take the sofa in your room, and you can have the bed." Natural result, more conversation and no sleep.

Almost as common is the hostess who borrows. She is always asking for ten cents or fifteen cents or even a larger sum, to just make the change for iceman or milkman, or what-not. Often she remembers to return some of these loans, seldom all, and occasionally none.

Then there is she who makes you pay for your keep, so to speak. Not that she means to or realizes that she does, but—she does, for all that. She continually has some little chore for one to do, and, much as one likes to help, the charm is gone when one's assistance is constantly demanded as a matter of course. With her it is, "Would you mind helping me cut out on my chemises? I've got the material, but I never cut out anything in all my life." Or "Don't you want

to salt the nuts for to-night? I am so afraid of burning them." And so forth and so on during the whole of your stay, until the bit of embroidery which you had intended to finish and give to her on your departure is utterly abandoned for the more pressing duties which are thrust upon you. Probably no one goes as far as a wily old lady of my acquaintance, who once invited a neighbor to tea, and then remarked, "Well, seeing you're here, I'll clean the china closet." But, after all, it may come to that in time.

ETHEL WILLIAMS.

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PEOPLE who essay light housekeeping have so much to learn from bitter experience.

Most persons, in setting up light housekeeping in two rooms, install a heating stove and cook on gas range, if fuel gas be obtainable, or, if not, on a gasoline stove.

Now I wonder how many there are contemplating light housekeeping who have never heard of a "monkey stove" and its adaptability to cramped quarters. This stove occupies a space of eighteen by twenty inches, and combines the qualities of a heating stove and those of an ordinary range. The smaller stoves have two lids, and cost six dollars: the larger have four covers, and cost eight in the West, where freight is high. This little stove will do all the work of a fifteen or twenty dollar cook stove, use less fuel, and heat more space. The oven, a cylinder-shaped affair, is inserted between the first and second joints of pipe, the draft passing around the oven through a double lining.

Its construction is so simple that, as soon as the fire burns, it is ready for use. It is large enough to roast a goose or turkey, and after a little experience may be manipulated so satisfactorily as to successfully bake an angel cake; while there is not an oven in a seventy-five-dollar range that will bake finer biscuits or muffins.

Below is a labor-saving recipe for light housekeepers, there being combined in the dish soup, meat, and vegetables.

Braised Beef à la Creole

Four pounds of the rump of veal. Wash, and place in a roasting-pan. Drain liquor from one can of tomatoes, and chop fine with four medium-sized onions. In strainer cloth tie four bay leaves and one teaspoonful of celery seed, and place in pan. Add one teaspoonful of salt to a quart of boiling water, and pour over meat. This sears the meat, and causes the juices to be retained. Place vegetables around meat, and braise three hours in a moderate oven.

Remove meat, place on platter, strain vegetables, placing them around meat. Place platter in warming-oven. Reheat soup, and serve.

Lemon Pecan Sauce

This is a meat sauce. Boil eight cloves in one cup of stock ten minutes. Remove cloves, and cool stock. Mix part of stock with two level tablespoonfuls of flour until smooth. Put the yolks of two eggs in a small pan, and beat until creamy. Add all the stock, one teaspoonful of salt and one saltspoonful of pepper, two tablespoonfuls of lemon juice, and cook, stirring constantly until of the consistency of custard; or a double boiler may be used. Remove from fire, and add one-fourth a cup of pecans.

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Value of a Fresh Egg

SOME people contend that an egg is an egg. So it is. But, to ascertain its true value, take a fresh-laid egg, weigh it first, then weigh a cold-storage or, as we say, a "store egg," and note the result. The difference

in weight is an illustration of the difference in food value. Let us take a fresh egg, and see how many different practical uses we can put it to, and first of all in a medical way. To the white of an egg, shaken in half a glass of cold water until light and foamy, add the juice of half a lemon, fill the glass with water, sweeten to taste, and you have a delightfully refreshing drink known as and called "albumen water."

There is nothing better, though not generally known, than the white of an egg for burns. You simply separate the white and yolk, and put the white on the scald or burn. Should the burn be on the fingers, wrap each one, separately, with white of egg and old linen. The white of egg forms a coating on the burnt skin, it excludes the air, and thus stops the dreadful pain.

The white of one egg, beaten light, then mixed with the juice of half a lemon, without sugar, will relieve a cough and hoarseness.

White of egg is an excellent remedy in extreme cases of bowel trouble, especially dysentery. Beat it fairly light, with or without a little powdered sugar (always using a pinch of salt), and take it in one or two swallows. It tends to lessen inflammation by forming a transient coating to the intestines, so that mother nature may proceed on her way to health again. This is food as well as medicine, and even a child may be given many doses in a day.

When tired, a raw egg is most excellent, particularly when the appetite is poor. Have the egg cold; break the shell, and drop gently into a small glass tumbler. When ready to take, prick the yolk with the point of a clean needle, and swallow it quickly. If you use wine, put a teaspoonful in the glass first, then the egg, and take in one mouthful. You may think this impossible at first, but it is easy enough after a few attempts. Always close the mouth as soon as the egg is in it, throw the head back, and it is all over. When putting up jellies, and the tumbler lids are old, cut round pieces of paper, larger than the glasses of course, moisten these thoroughly with unbeaten white of egg, and fit over the top. Tie with string, and, when dry, sponge the paper with a little cold water, and you have an air-tight cover stiff as parchment. It will last for years.

In making a fruit pie, brush the lower crust with unbeaten white of egg to prevent the juice from making it soft, as is often the case.

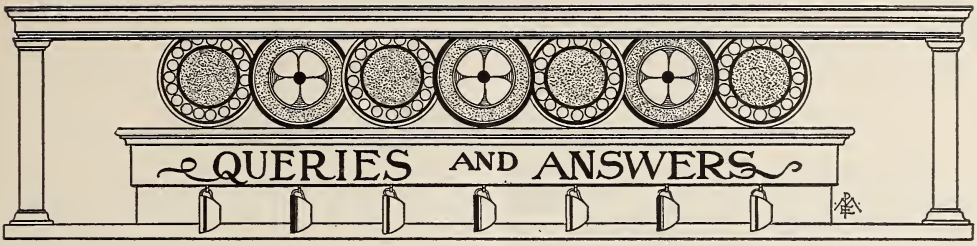
To prepare an egg for an invalid, put it in boiling water. Set it on the back of the range for ten minutes, then open into a hot egg-cup, and serve immediately. Another way for those who prefer to drink their food, as is often the case during convalescence, is to beat an egg very light, put it in a pretty cup, and fill the cup with beef tea, mutton broth, or hot milk, seasoning to individual taste. One egg added to a bowl of stewed meat gravy or drawn butter sauce is a great improvement.

L. N.

To remove Warts

So far, I have never seen a wart that would not yield to this simple home treatment if persevered with for a few weeks, and, in fact, stubborn corns will be relieved, if not entirely cured, in the same way. Buy of your druggist ten cents' worth of the very best and freshest "cold pressed castor oil," and moisten thoroughly the wart (or corn) three or four times a day, if possible (or oftener), with a clean toothpick wrapped with a little absorbent cotton, dipped in the oil. Should the part feel sore, discontinue the treatment a day, then start again, and you will be much pleased with the result.

Lucia Noble.



THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamps; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1107, *continued*.—"Recipe for corn-meal gems similar to the Graham gems given in October, 1903."

Corn-meal Gems

Try making the gems as follows: pour one cup of boiling water over three-fourths a cup of corn-meal. Cover, and let stand until morning. Add one cup of white flour, half a teaspoonful of salt, and three tablespoonfuls of sugar. Beat the yolks of two eggs, add one cup of milk, and stir into the dry ingredients. Add the whites of the eggs, beaten dry, and bake at once in a very hot gem-pan. Bake about half an hour.

QUERY 1108.—Mrs. I. B. C., Brookline, Mass.: "Kindly tell us the secret of using the patent charlotte russe moulds. We have trouble in using them."

Using Charlotte Russe Moulds

The originator of the patent charlotte russe moulds designed them for the baking of cake to be used as a case for a charlotte russe filling; but it is not an easy matter to get the cake batter into them properly or to remove the baked cake in perfect shape. Considering everything, we have had the best success when using the cream sponge cake mixture. Before putting in the batter, brush the inside of the moulds thoroughly with olive oil. Melted butter may be used for this purpose by discarding sediment. We have no trouble in removing from the moulds in perfect shape aspic, tomato, coffee, and fruit jellies, rice preparations, and Bavarian creams. When the moulds contain jellies, dip them, one by one, in warm water, turn the mould in the hand, loosen the jelly at the top, and incline, to let air between the jelly and tin. Avoid getting the mould too hot. Take time; and, if the jelly be properly made, it will come from the mould in good shape. Bavarian creams and cold rice preparations should not be subjected to much heat. Often these can be removed without the use of hot water.

QUERY 1109.—N. O. F., Santiago de Cuba: "With what sort of a tube are chrysanthemum cake decorations made?"

Tube for Chrysanthemum Decoration

This decoration may be made with a fine star tube or with paper (cornucopia shape) the end of which is cut in fine points to simulate the star tube.

QUERY 1110.—Miss S. K. W., Quincy, Ill.: "If in making fondant it is so necessary not to stir or even jar the boiling syrup, why is not the mass 'grainy' after it is carried and poured onto an oiled platter or marble? In crystalized nuts, is it possible to dip more than two or three into the syrup before it grains? In covering nuts with maple or chocolate fondant, why do white spots sometimes appear on the candies? Why does

molasses or sugar taffy stick to the fingers during pulling? Why is glycerine used in molasses candy?"

Handling Fondant

Have the platter or marble ready at no great distance from the range. Carry the kettle of syrup *steadily* and quickly, but gently, and pour it onto the receptacle. *Do not let the last of the syrup drip from the saucepan.* Then, if proper care has been exercised during the boiling, the mass, upon working, will be the creamy fondant desired.

Graining of Syrup when Preparing Nuts Glacé

In the recipe referred to, a little lemon juice is added to the syrup boiled to the hard crack stage. Try using cream of tartar instead of lemon juice. Use in the proportion of a level teaspoonful of cream of tartar to each four pounds of sugar and pint of water. Cook to about 305° F. Reheat the syrup, if it becomes too cold for dipping.

White Spots on Candies

A chocolate coating will dry "streaky," if the articles dipped into it be ice-cold. Possibly white spots might be occasioned in the same way. The centres should be neither too warm nor too cold.

Sticky Candy

Probably the candy is not boiled to the right degree. Much also depends on the time of cooking. Quick cooking is a first condition to success in all sugar boiling. It gives a dry rather than a sticky result. Cool the candy by continual turning from the edges toward the centre (of course, this does not apply to fondant), then pull. Cook to a little higher degree in summer than in winter; and on a moist rather than on a dry day. Professional candy-makers use glucose rather than glycerine in molasses candy. Paraffine wax is also another ingredient used, as in the following recipe for soft molasses kisses; *i.e.*, one gallon of molasses, eight pounds of glucose, half a teaspoonful of tartaric acid, half a pound of butter, half a pound of paraffine wax, and one teaspoonful of oil of lemon. Cook all the ingredients but the last to a hard ball. Pour on an oiled marble. Leave till cooled on the edges, then fold together until partly cool. Add the lemon, and pull over a hook until cold and spongy. Pull in sticks, and cut with shears.

QUERY 1111.—Mrs. C. W. B., Brookline, Mass.: "Recipe for malt bread, such as was sold at the Laboratory Kitchen in Cambridge three or four years ago."

Recipe for Malt Bread

We are unable to secure recipes for proprietary articles or for articles sold at "exchanges" for women's work.

QUERY 1112.—Mrs. H. L. P., Fulton, N.Y., "What are border moulds, and where may they be found?"

Border Moulds

Border moulds are imported. They may be had in all sizes from individual moulds to those holding three pints. The bottom of the mould may be convex or concave. The latter is preferable when the mixture shaped in the mould is used as a receptacle to hold chops, quenelles, etc. The convex shape or bottom is better, when the open centre is to be filled with a mixture, and the edge is purely ornamental. The concave form was used for the dish of rice holding apples with meringue, shown on page 384. For the crown of sponge cake with bananas, shown in a recent number, a convex mould was chosen.

QUERY 1113.—R. S. H., South Bend, Ind.: "Menu for a buffet luncheon for about 150 people, with something stylish. Kindly tell how much chicken salad, ice in

some form, coffee, cake, and sandwiches are needed to serve one hundred and fifty guests. Kindly give a recipe for mushrooms and oyster canapés served hot."

Menus for Buffet Luncheon

I

Bouillon. Svea Wafers.
Radishes. Olives. Salted Pecan-and-Cashew Nuts.
Creamed Sweetbreads and Mushrooms in Swedish Timbale Cases.
Galantine of Chicken with Aspic Jelly, Cress Salad.
Salmon, Lettuce-and-Cucumber Salad.
Yeast Rolls. Nut Sandwiches.
Angel Parfait in Glasses, Strawberry Sauce.
Coffee.

II

Macedoine of Fruit in Glasses
Salmon Croquettes. Cucumbers. Rolls.
Medallions of Tongue, Lettuce, Mayonnaise Dressing.
Chicken Salad with Pecan Nuts or Truffles.
Anchovy Sandwiches. Bread and Butter Sandwiches.
Maple Parfait. Pineapple Sherbet.
Little Cakes. Nut Meringues.
Coffee.

Mushroom-and-Oyster Canapés

Have ready in a baking-pan as many rounds of stale bread as mushrooms. Remove the stems from the mushrooms, peel the caps, and sauté the latter in a little hot butter. Put a cap on each round of toast, gill side up. Put an oyster on each mushroom and a bit of butter on each oyster, and dust the whole with salt and pepper. Bake in a hot oven until the oysters look plump. Pour over each round of toast, set on a small plate, a little sauce made of two tablespoonfuls, each, of butter and flour, a dash of salt and pepper, and half a cup, each, of chicken stock and cream.

Query 1114.—Mrs. P. A. C. F., New York: "Recipe for oyster croquettes, published last year."

Oyster Croquettes

Parboil—bring to the boiling-point in their own liquor— a quart of oysters, drain, and let cool, then cut in small pieces, discarding, at discretion, the hard white muscle. For a pint of prepared oysters make a sauce of one-fourth a cup of butter, half a cup of flour, salt and paprika to taste, and one cup of the strained oyster liquor, or part of a cup of this and the rest of cream or milk. Add also a beaten egg and a pint of the prepared oysters. A teaspoonful of lemon juice, a little onion juice, and chopped parsley are other seasonings that are approved. Turn the mixture into a well-buttered shallow dish, and set aside to cool. Then shape into balls, and press these into cylinder, cutlet, or other shapes. Roll in sifted bread crumbs, cover with beaten egg, again roll in crumbs, and fry in deep fat. Serve as the fish course at a dinner or luncheon, with tartare sauce or cucumber salad. A well-reduced chicken stock may replace the oyster liquor, as this will jelly when cold. Croquettes made with it may be easily shaped.

Query 1115.—Mrs. J. H. D., Harding, W Va.: "Recipes for mayonnaise dressing and angel food cake."

Mayonnaise Dressing

Beat the yolks of two eggs until light-colored and thick. Add half a teaspoonful of salt, one-fourth a teaspoonful or more of paprika, and beat again. Then beat in two tablespoonfuls of acid,—lemon or vinegar, or half of each, as is preferred. When the mixture is smooth, beat in a few drops of olive oil. Continue beating in the oil, increasing the quantity to half a teaspoonful, a teaspoonful, and, finally, to a tablespoonful, until a pint has been added. Use a Dover egg-beater, and beat vigorously from the start. If the dressing is to stand any time before using, cover the receptacle with a glass or china plate, and set it aside in a cold place.

Angel Food Cake

Take as many whites of eggs as are needed to fill a cup (about ten). Sift a portion of flour five times, then measure out one cup of it. Beat the whites of eggs until foamy, then add half a teaspoonful of cream of tartar, and beat until dry. Gradually beat in one cup of sugar and a teaspoonful of vanilla extract. Then cut, and fold in the cup of flour. Bake in a tube pan about fifty minutes.

QUERY 1116.—J. L. C., Fredericton, N.B.: "How are the dainties made with the rosette iron to be eaten, with a fork or from the fingers?"

Regarding Scandinavian Rosettes

Whether the rosettes be eaten with a fork or from the hand depends largely upon the nature of the "filling" used with them. A rosette sprinkled with cheese, or a compact mixture, would be eaten from the hand. One dressed with preserves or whipped cream would probably be listed with pie, and treated accordingly.

QUERY 1117.—Miss E. N. W., Santa Ana, Cal.: "Give formula for making beef croquettes without potato. Those I make soften and come to pieces in frying."

Beef Croquettes

Croquettes are made from cooked meat. Beef is not as satisfactory in made-over dishes as is chicken, veal, or lamb, and we would not recommend a very general use of this article in croquettes. For each generous cup of carefully chopped meat take a scant cup of brown or tomato sauce, made with three level (rather than the usual two) tablespoonfuls of flour. Season with Worcestershire sauce, salt and pepper, add the meat, and turn onto a buttered plate to cool. When cold, shape into balls, and press these into such shape as is wished. Roll these in sifted bread crumbs, cover with beaten egg, and again roll in crumbs. Fry in deep fat, drain on soft paper, and serve at once.

QUERY 1118.—Mrs. J. T., New York City: "Recipes for golden and pineapple parfait."

Golden or Sunshine Parfait

Boil one cup of sugar and half a cup of water to about 238° F. Then pour it in a fine stream onto the well-beaten yolks of three or four eggs. Return the mixture to the fire, over hot water, and cook a few minutes. Then beat until cold. Add one tablespoonful of orange extract, and fold or beat into one cup of double cream and one cup of single cream, beaten solid to the bottom of the bowl. Turn into a quart mould, pack the mould in equal measures of salt and crushed ice, and let stand between two and three hours. Serve with or without sliced and sugared oranges. A recipe for pineapple parfait is given among the illustrated recipes.

QUERY 1119.—Mrs. O. P. J., Boston, Mass.: "Would like to know about the cream horns sold at nice bake-shops. Think they are made of puff paste."

Cream Horns or Lady Locks

Moulds (these may be made of round pieces of wood, four inches in length, one inch in width at the small end, and gradually tapering to perhaps two inches at the other end) are used to shape these horns. Puff paste is cut into strips about three-fourths an inch wide and long enough to cover the moulds, when wound spirally around them. After baking, the moulds or sticks are slipped from the pastry. Before serving, the hollow centre is filled with whipped cream. The cream is sweetened and flavored before whipping.

QUERY 1120.—Mrs. G. B. G., Fitchburg, Mass.: "Can you tell me what is used at French and Italian restaurants and some hotels, in French dressing, that gives a salad a taste

ROYAL Baking Powder

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Imparts that peculiar lightness, sweetness, and flavor noticed in the finest cake, short cake, biscuit, rolls, crusts, etc., which expert pastry cooks declare is unobtainable by the use of any other leavening agent.

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that is indescribably different from that of a salad dressed with the ordinary French dressing? It is not tarragon vinegar, for we have tried that."

Concerning French Dressing

A very little garlic is generally used in French dressing made at foreign restaurants. Sometimes claret vinegar is used. Possibly some proprietary sauce, as Shrewsbury Manor sauce, may be used occasionally.

QUERY 1121.—Mrs A. E. K., Montgomery, Ala.: "Give directions for baking puff paste and cake. Will a little baking-powder improve pound cake?"

Baking Cake

Cake batter has to be heated thoroughly before the full effect of the baking-powder or other lightening agent is obtained. Thus it should not be put into too hot an oven. If a fire be too fierce and a cake becomes browned over on the top before it is heated through, the cake will be heavy, or the batter, when it becomes heated, will burst out at the weakest place, and injure the shape of the cake. The batter should rise in moderate heat, and then the cell walls be fixed or hardened with stronger heat.

Moving Cake during Baking

Before the gas that lightens the cake has become fully evolved, a cake may be carefully moved in the oven, but after it has risen to its full height, if the cake be moved, it will settle unless the cell walls have been thoroughly stiffened by the heat; and, as there is nothing from which a second supply of gas can be evolved, the cake will not rise again. Thus a cake may be carefully moved, if necessary, after it is first set into the oven. We have occasionally moved a cake that was tolerably well risen from one oven to another without ill effects, but, as a rule, after a cake *has risen to its full height*, it should not be jarred or moved until the baking is completed. A level teaspoonful of baking-powder to four cups of flour, in making pound cake, may be added with advantage to such cake, especially when it is to be baked in a loaf. Cakes

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Food Helps

In Management of a Railroad

Speaking of food a railroad man says: "My work puts me out in all kinds of weather, subject to irregular hours for meals and compelled to eat all kinds of food.

"For seven years I was constantly troubled with indigestion, caused by eating heavy, fatty, starchy, greasy, poorly cooked food, such as are most accessible to men in my business. Generally each meal or lunch was followed by distressing pains and burning sensations in my stomach, which destroyed my sleep and almost unfitted me for work. My brain was so muddy and foggy that it was hard for me to discharge my duties properly.

"This lasted till about a year ago, when my attention was called to Grape-nuts food by a newspaper ad., and I concluded to try it. Since then I have used Grape-nuts at nearly every meal and sometimes between meals. We railroad men have little chance to prepare our food in our cabooses, and I find Grape-nuts mighty handy, for it is ready cooked.

"To make a long story short, Grape-nuts has made a new man of me. I have no more burning distress in my stomach, nor any other symptom of indigestion. I can digest anything so long as I eat Grape-nuts, and my brain works as clearly and accurately as an engineer's watch, and my old nervous troubles have disappeared entirely." Name given by Postum Co., Battle Creek, Mich.

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Mention Booklet No. 48.

with much butter or many yolks of eggs burns more easily than does a plain cake or one made with whites only of eggs. Thus an angel cake calls for a hotter oven than does a sponge cake, in which both whites and yolks are used.

Baking Puff Paste

Puff paste is always chilled on ice for at least half an hour before baking. When the paste is put into a hot oven, the cold air between the layers on being heated expands, and causes the layers to puff or rise. If the heat be too strong on top, the paste becomes cooked before it has a chance to rise. Thus the heat should be stronger on the bottom, and the top should be protected from too much heat until the paste is well risen. If there be too little heat, the butter melts and the paste is ruined. Experience, or the frequent baking of both cake and pastry, is a prime essential to success. It is thought that puff paste is at its best after it has been given "six turns."

QUERY 1122.—Mrs. C. F S., Bernardsville, N.J.: "Do you know of any very satisfactory dish-washing machine for a family of fifteen or twenty people? If so, kindly tell how to get it."

Dish-washing Machine

We are sorry to say that we know of no satisfactory dish-washing machine for a family of the number mentioned.

QUERY 1123.—M. D.: "Recipes for sultana roll with claret sauce and hot chocolate sauce for cream ice."

Sultana Roll

Soften a level tablespoonful of granulated gelatine or half an ounce of "flake" in a cup of cold milk. Add a cup of scalded milk, and stir over hot water until the gelatine is dissolved. Then strain into two cups of double cream and three pints of rich milk. Add also two cups of sugar, two tablespoonfuls of vanilla extract and two teaspoonfuls of almond extract, and mix thoroughly. If the mixture be not at a temperature of about 90° F., set it over hot water, and stir until that temperature is reached. Then stir in

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A Torpid Thinker

The Frequent Result of Coffee Poisoning

A Toledo (Ohio) business man says that for three years he had no appetite for breakfast; that about once a month he ate solid food at that meal, generally contenting himself with his cup of coffee, and having no desire for anything else.

Coffee frequently plays this dog-in-the-manger trick. While it furnishes no nutriment itself, it destroys the appetite for food which is nutritious. The result was, in time, a torpid mentality, which was a distinct handicap in his business operations.

"Last Christmas," he says, "I consulted my brother, a practising physician in Chicago, and he advised a diet of Postum Food Coffee instead of the old kind, and also Grape-nuts food. Since that time I have followed his advice with most excellent results. My brain is active and clear in the morning, when it naturally should be at its best; I no longer have the dizzy spells that used to make me apprehensive; I have gained materially in flesh, and feel better in every way.

"The Postum seems to be no less a food than the Grape-nuts, and the two together fill all requirements. My wife has tried several of the recipes in your little booklet, and we have enjoyed the result; but to my mind Grape-nuts food is best when served with sliced fruit and covered with cream." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in packages.



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The best confectionery that can be bought is that sold under the label of Necco Sweets. This label was originated as a protection to candy purchasers. The Necco Sweets label on a box of any kind of candy assures its wholesomeness and goodness. Try a box of

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and enjoy the most tempting chocolates you ever tasted—delicate in flavor, rich in quality. This is but one example of the superiority of Necco Sweets. If you would have the satisfaction of knowing that you are buying confections that are absolutely good and wholesome, always look for the seal of Necco Sweets. For sale where the best confectionery is sold.

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two junket tablets, crushed and dissolved in a tablespoonful of cold water. Remove the mixture from the saucepan of water, and let stand undisturbed until it jellies. Then freeze as usual. Tint the frozen mixture a delicate green with vegetable color, and with it line cylindrical moulds (empty baking-powder boxes, pound size, answer nicely), and sprinkle the frozen lining with sultana raisins that have been soaked for some hours in brandy, and fill the centre with a charlotte russe mixture or with whipped cream, sweetened and flavored before whipping. In serving, cut the cream in slices, and pour over it the claret sauce. Two quarts of thin cream, sweetened, flavored, and tinted as above, may be used instead of the junket mixture.

Charlotte Russe Mixture for Centre of Sultana Roll

Beat one cup and a half of double cream and a teaspoonful and a half of vanilla extract until thick to the bottom of the bowl. Beat the whites of two eggs until dry. Then gradually beat in two-thirds a cup of powdered sugar, and fold this mixture into the cream. Use as soon as prepared.

Claret Sauce for Sultana Roll

Boil one cup and a half of sugar and two-thirds a cup of water to a medium thick syrup (about eight minutes). Let cool, and add two-thirds a cup of claret.

Hot Chocolate Sauce for Cream Ice

Melt one ounce of chocolate over hot water. Add three tablespoonfuls of sugar and, gradually, one cup of boiling water. Stir, while adding the water, to form a smooth, glossy syrup as the mixture cooks. Then add the remainder of the cup of water and a cup of sugar. Let the whole boil to a tolerably thick syrup. Add a teaspoonful of vanilla, and use at once.

Chocolate Sauce No. 2

Melt two ounces of chocolate. Add one-fourth a cup of sugar and half a cup of boiling water, and stir and cook until smooth. Then add one cup and three-fourths of sugar, and let cook to a thick syrup. Add a teaspoonful of vanilla, and serve at once.

Chocolate Sauce No. 3

Melt one ounce of chocolate. Add three tablespoonfuls of sugar and one-fourth a cup of boiling water, and stir and cook until smooth. Then add the rest of a cup of sugar and one cup of boiling water. Let cook five minutes. Then stir in one level teaspoonful of cornstarch, mixed smooth in a little cold water. Let boil five minutes. Add a teaspoonful of vanilla, and serve.

A Presbyterian pastor in Texas, recently on the theological grill under charges of heresy, was asked to put in writing his answers to one hundred and twelve questions. One of these ran thus, "What is your explanation of the passage which says that Balaam's ass spoke?" to which he replied: "There is no trouble about the ass speaking. The only difficulty is in understanding the language. In this case Balaam understood." Nowadays the ass oftener fails to understand the prophet, and kicks at him.

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Testimony to the Value of Fruit Diet

THE attention of medical men has recently been called to the case of Gustav Nordin, a hardy Swede who paddled his own canoe from Stockholm to Paris, reaching there in robust health after the long voyage, during which he lived on apples, milk, water, and bread.

The New York *Herald* states that this dangerous and arduous voyage was undertaken by the Swede to show what could be done by a man who has given up meat, tea, coffee, wine, beer, spirits, and tobacco. He prides himself in eclipsing those "vegetarians" who continue the use of tea and condiments.

When in America, at the age of eighteen, Nordin was suffering so from dyspepsia that he could not take ordinary food. He therefore began a diet of fruit, principally apples, whereby he attained to his present robust condition of health.

The greatest anatomists all admit that the natural diet of man is one consisting principally of fruits. "It is, I think," wrote Sir Charles Bell, F.R.S., "not going too far to say that every fact connected with the human organization goes to prove that man was originally formed a frugivorous animal. This opinion is principally derived from the formation of his teeth and digestive organs, as well as from the character of his skin and the general structure of his limbs."

Linnæus said that "the structure of the mouth, of the stomach, and the hands," evinced that fruit was the species of food most suitable to man.

Sir Richard Owen, in his "Odontography," wrote, "The apes and monkeys, which man most nearly resembles in his dentition, derive their staple foods from fruits, grain, the kernels of nuts, and other forms in which the most sapid and nutritious tissues of the vegetable kingdom are elaborated; and the close resemblance between the quadrumanous and human dentition shows that man was, from the beginning, more especially adapted to eat of the fruit of the trees of the garden."

In his valuable work on "Diet in Relation to Strength and Endurance," Dr. Haig, of England, says: "If man is to be regarded, as I believe he should be, as a frugivorous animal, nuts and fruits are probably his most natural diet, nearly three-quarters of the required albumens being in this case obtained from the nuts. It is, however, comparatively rare for any one to be able to take this diet who

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has injured both teeth and digestive organs by years of wrong food. Nevertheless, it is an ideal to be aimed at; and all should see how nearly they can attain it."

The attainment of this ideal is now rendered easy for all by means of preparations of nuts,—malted nuts, nut butter, nut meal, bromose, etc.,—which are readily digested and assimilated by those of the most enfeebled digestive organs.—*Good Health.*

Parisian Catering Notes

Savory as *la cuisine française* is, there are persons who can never get accustomed to it. The writer knows a friend in Paris,—a Londoner by birth,—who, though a resident of this capital for twenty years, never enjoys a meal better than when in "Home, sweet Home." He admits there is less variety, but, comparatively speaking, English cooking, in his opinion, is the most succulent, substantial, and health-bestowing of any other in the world. *Affaire de gout.* It must be observed that the racial difference between Anglo-Saxons and French is decidedly great. Were the French, for instance, to feed upon roast beef, boiled salmon, plum pudding, Cheshire cheese, they would soon lose their proverbial agility. Hence they resort to light fancy dishes, which at best only tickle their palate, but fail to lay healthy flesh on their bones, calm their nerves, and make pure blood. English men and women unquestionably owe their splendid physical development to the food they eat, and from which they are slow to deviate, unless they are on tour, when they naturally do as Rome does.

The French seldom, if ever, begin a déjeuner or dinner without oysters, when the latter are in season. They are more intended for luncheon, and the demand for them by Parisians in the evening is rare. Concerning the



A Breakfast In Itself

"Food Monotony"—the bane of housekeeping—is easily avoided by the housewife who knows Shredded Wheat Biscuit. There comes a time in every household when the lamb chops lose their savor and the eggs are slightly redolent of their long journey from the hennery to cold storage. Then it is that the housewife turns with glad satisfaction to

Shredded Whole Wheat

When the jaded stomach rebels against meat and eggs, try two toasted Shredded Wheat Biscuits with hot milk or cream or fresh fruits for breakfast. Then toasted Triscuit for lunch and a delicious Shredded Wheat Biscuit patty with creamed peas or chicken for dinner. Eat nothing else, and watch the welcome return of good digestion, health, and strength

After you have tried all "the others," you will come back to Shredded Whole Wheat, the cleanest, purest, most nutritious cereal food made.

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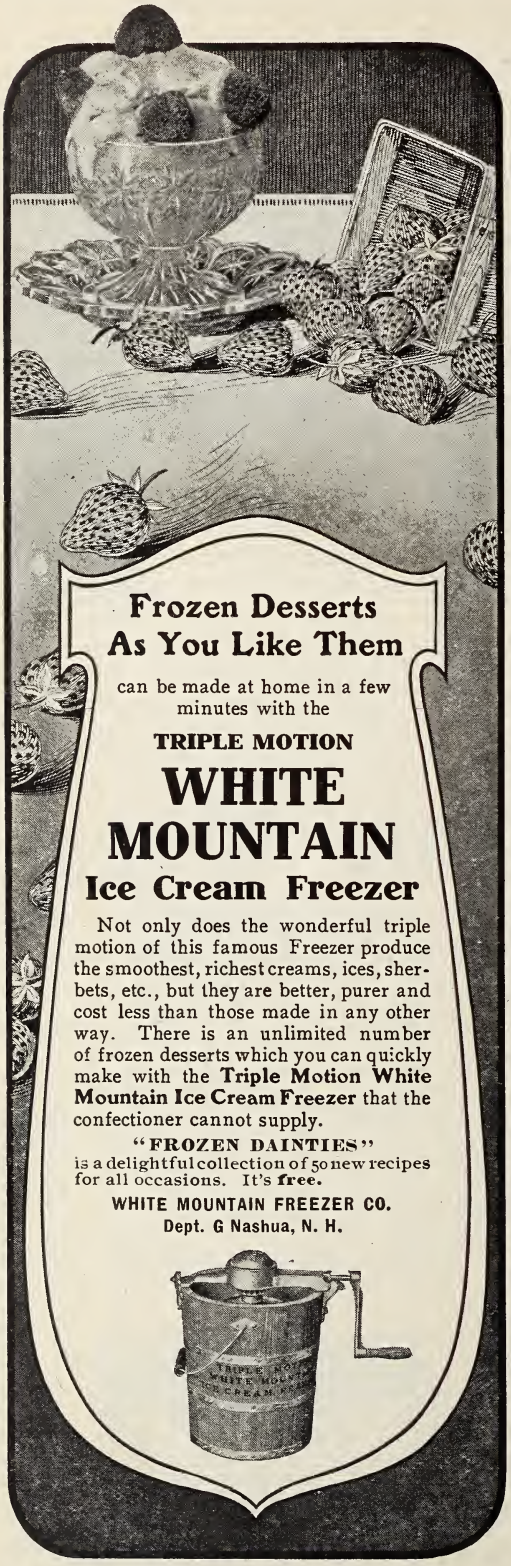
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"It's All in the Shreds"



desirability and value of *huitres*, or oysters, as an article of food during all the months in which there is not an R, there are no differences of opinion among the intelligent now, nor has there been from the earliest indications we have of their use. From Aristotle to every physician, politician, and other epicure of the present day, all are as one in their praise. And, if we may believe some of the stories, the quantities devoured by many noted men of the past were really astounding. It may not be generally known that Louis XI. fed the wise men of the Sorbonne upon vast quantities of oysters, once a year, in order to prevent decay of learning in France; that the old encyclopædists turned out better work after being fed upon them than when subsisting upon any other food; that the Emperor Napoleon I. always indulged in a great feed of oysters on the eve of a battle, if he could possibly get them, in order to have the best of stomachs for the fight; and that Voltaire punctuated his most forcible sentences with the delicious bivalves!

The French often wonder why the English eat so few vegetables. Yet they are able to boast of vegetarian restaurants, which is more than Paris can do up to the present. Parisians certainly appreciate legumes far more than do Londoners, and have almost as many ways for preparing them as omelettes. Fruit also enters more largely in the daily food of Parisians, as will be seen. Thus, while the Londoner consumes annually, on an average, only 66 lbs. of apples, the Parisian consumes close upon 150 lbs. One statistician estimates that the number of pears alone consumed by Parisians averages nearly 172 lbs., and Londoners 42 lbs. Respecting vegetables, the Parisian eats 37 lbs. of carrots to the Londoner's 8 lbs.; 7 lbs. of celery to 2 lbs. consumed by the Londoner;

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24 Beech-Nut Street, Canajoharie, N. Y.

21 lbs. of cherries to a Londoner's 3 lbs.; 7 lbs. of peas to the Londoner's 4 lbs.; 184 lbs. of plums and damsons to the Londoner's 18 lbs.; 2 lbs. of raspberries to 8 ozs. consumed in London per head. Other fruits in the same proportion. The Parisian consumption of asparagus outstrips that of the Londoner in the proportion of 66 lbs. to 2 lbs. In the way of potatoes, Londoners consume far greater quantities: it must here be observed that the potato came somewhat tardily into favor in France, struggling the while against many prejudices. As regards cabbages, Londoners also beat Parisians, in spite of their famous "soup aux choux." The same remark also applies to cucumbers, turnips, and onions. The large consumption of garlic as a flavoring vegetable in France may in part account for this.—*Food and Cookery.*

"The reason I didn't come last Sunday was because my coat wasn't finished," said small Mary, when questioned as to her non-appearance the week before. "My old one had spots on it that wouldn't come off, and a place where the buttons had torn through." "But, Mary, dear," said the teacher, gently, "you know it's not the outside that really matters." "Yes'm, I know," said little Mary; "but, Miss Willing, mother had ripped the lining out, so there wasn't any *inside* to look at!"—*Exchange.*

Squire Hamilton, one of the best-known members of the Maine legal profession many years ago, once sat at a meagrely laden board. The dining-room had been newly and splendidly furnished, whereas the dinner was very slender. While some of the guests were flattering the host on his taste in decoration, Squire Hamilton said, "For my part, I would rather see less gilding and more carving."—*Boston Herald.*

Mellin's Food

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"We are advertised by our loving friends."



GEORGE W. GILE
One of our loving friends.

Are you having trouble in feeding your baby? Does his food disagree with him? Does he lose in weight? Does it seem as if he never would stop crying? Then Mellin's Food will help your baby and we will prove it, if you will write us just what the trouble is and what you are doing. As soon as your letter reaches us, we will send you a sample of Mellin's Food and a book of helpful directions. We will also write you a personal letter and tell you exactly how to use Mellin's Food for your baby. We have helped thousands of babies and we can help yours—if you will let us.

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We mail postpaid ten tablets to make ten quarts for 10 cents, and give you the charming brochure, "Junket Dainties," free.

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To clean Furs at Home

SHOULD your furs begin to look mashed, soiled, or dingy, especially about the neck, they can be very satisfactorily cleaned at home, with comparatively little trouble and no expense, whereas, if they are sent to a professional cleaner, the cost would be quite large, particularly for light-colored furs. First shake them well in the open air, then hang them on the clothes line, and beat very gently with a rattan furniture beater. These preliminaries having been gone through, get ten cents' worth of what is called "Veneering Sawdust" from a reliable furrier, dampen this slightly with the best quality of gasoline, and rub thoroughly into the fur with the hands (first placing the fur on clean paper, on a flat surface). After the preparation is rubbed in, allow it to stand a couple of hours, then beat and shake, and hang out to air and remove the gasoline odor. Sometimes, with white fur and rugs, it is necessary to repeat the process, to insure satisfaction.

It hardly seems worth while to add that this should be done out of doors or in a room without heat or artificial light of any kind, since gasoline is inflammable and explosive; but there is not a particle of danger where care is taken.

Another good way is to use a dry shampoo, exactly like one used for the hair. Prepare the fur as before mentioned, and for an ordinary neck piece or muff heat one pound of the best, yellow corn-meal in the oven until quite hot, mix with it a quarter a pound of powdered orris root, and rub this well into the fur. Put it in a box cover, and let it stand over night, or longer, if possible. Then shake well (out of doors, of course), to remove the powder, and, behold! nice, clean, delicately perfumed furs again, which will more than amply repay one for time and labor.

L. N.

Valuable Information *for* Housekeepers

EVERY housekeeper knows that buying ham is decidedly uncertain business. To-day you get some from the market that is exceptionally good, next week some that is anything but good. How to be sure of getting good ham *every time*,— that's the question. ¶But it is not such a difficult matter, after all. There is at least *one* brand of ham that is *always* satisfactory. That brand is

SQUIRE'S ARLINGTON HAM

Every New England housekeeper knows that the name SQUIRE on a pork product means reliability. It has stood for that for over sixty years. It is well known, too, that Squire's "Arlington" brand is "Squire's Best." ¶ Arlington Hams are cut from selected, corn-fed stock (every animal rigidly inspected by United States government inspectors), and are specially light sugar-cured by our own private process. After you have had one of these hams the ordinary kind will seem poor indeed. The old custom of eating ham at Easter is worth preserving when you can get anything so delicious as Squire's Arlington Ham. ¶ Your regular dealer undoubtedly sells Squire's Arlington Hams and Bacon, as most good dealers do; but, if you find he does not, please write us, and we will immediately give you the name of some dealer in your locality who does.

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ORIGINAL
DEVILED HAM

In **camp, picnic,** or **home,** it will be found not only pure, but delicious and satisfying. Made only of pure spices and sugar-cured ham. There is but *one* deviled ham — Underwood's Red Devil Brand. All others are imitations, but imitations in name only, no more like Underwood's than chalk is like cheese. *Send for book of 43 prize receipts.*

WM. UNDERWOOD CO., BOSTON, MASS.

Marketing in Mexico

(*Concluded from page* 448.)

the Parras grapes and the fruit from California.

María reminds me of some herbs needed, and off we wander in search of the little old man who carries in a basket nearly all the varieties used in the Mexican *cuisine*, many unknown in the American kitchen. I buy all I need for a few cents, and María, still intent on her *pilón*, becomes the possessor of a bit of dried green stuff utterly worthless to her.

An old man, calling me *mi alma* and *palomita*, induces me to part with ten reals, the price of two dozen eggs, which he insists are the very freshest in the market. I have no way of ascertaining their freshness, as they have been carefully washed; but as he has an egg-tester, which I do not understand, I test them, look wise, and reject some. Would that I had rejected them all! for, though I think nothing so pretty and sweet as little chicks, I don't like to discover them in eggs I have tested myself and bought for fresh ones.

Although there is a stall where I can get some American groceries, such as breakfast foods, ham, bacon, and canned goods, I prefer to buy such articles from our American grocer, whose goods can be depended on to be fresh. We push our way through the crowd and past the ice-cream stand where people are crowding each other in the endeavor to secure a plate of nice, watery ice-cream, colored a bright yellow or a vivid red, price three centavos. The aisles are muddy from the water of the freezers, but it doesn't matter, as the women are serenely indifferent, and trail their once white or pink calicoes through the dirt and mud. Well, I am tired, María is tired, and my lesser satellite, the little boy, is tired, and looks longingly at the ice-cream. So, giving him enough change to buy as much as will make

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TRY

Chocolate Walnut

Jell-O

For Dessert

TO-MORROW.

Jell-O is not expensive, as a 10c. package makes enough dessert for a large family, and a child can prepare it for the table almost instantly.

Chocolate Walnut Jell-O.

To one package of Chocolate JELL-O, add slowly one pint of boiling water and set away to cool. When it begins to harden, add one-half cup English Walnut meats and half a dozen figs cut up fine. Serve in individual dishes with whipped cream piled on top.

Here is another favorite recipe for preparing Chocolate Jell-O:

Chocolate Foam.

Dissolve one package of Chocolate JELL-O in one pint boiling water, and set in a cool place. When it begins to stiffen, add one-half pint whipped cream and beat together with an egg beater; turn into a mold or bowl, and when congealed, serve with whipped cream. Delicious!

Jell-O comes in six flavors: **Strawberry, Raspberry, Lemon, Orange, Chocolate and Cherry.**

At grocers everywhere 10 cts. per package
Approved by Pure Food Commissioners.
Highest Award, Gold Medal, St. Louis, 1904.
Highest Award, Gold Medal, Portland, 1905.

Send for new (1906) illustrated recipe book, mailed FREE. Address,

The Genesee Pure Food Co., Le Roy, N.Y.

him sick, I dismiss him, and the rest of us, María and myself with the *pollitas*, are now glad to take a car for home.

The Earl of Sandwich, who had been entertaining a good deal of late at his place, Hinchingbrooke, has a perfect horror of women who sit down to luncheon with their hats on. He is even opposed to allowing women to enter a church with their heads covered.

The other day the earl was entertaining a week-end party, and several of the women, who had not been given a hint of the earl's pet "crank," came hatted and veiled for the afternoon motor drive.

The earl disappeared from the dining-room and presently re-entered, accompanied by the solemn butler and three footmen, all wearing top hats as they passed the dishes round. The women "tumbled" to the hint at once, and retired in confusion, while the earl went on placidly with his meal.

One of the earl's last distinguished guests was Madame Melba, who sang without being asked after dinner,—a very rare occurrence with the great singer.

One day little Fred climbed on a parlor chair to reach something he wanted.

"You must not get up on that chair with your feet, dear," said his mother.

Fred looked down at his feet in doubt and perplexity. "But, mamma," he replied, "I don't know how to take 'em off."—*The Caterer.*

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Gluten Grits AND **BARLEY CRYSTALS,**

Perfect Breakfast and Dessert Health Cereals.
PANSY FLOUR for Pastry, Cake and Biscuit.
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A Plate of Soup

Something happened last winter in Paris that I shall place side by side with the widow's mite of the gospel. You will remark the profound analogy, the close spiritual kinship of these two cases.

In the icy north wind of December a shelter was raised where warm soup was given to the unfortunate. A very old woman, who had long awaited her turn, at length sat down and was served. Before she touched her portion, she noticed that a young robust workingman beside her had already consumed his with an avidity that betrayed that he was famished. At once she pushed her plate toward the workman, and said to him, "I am not hungry: will you eat this?" The workman accepted.

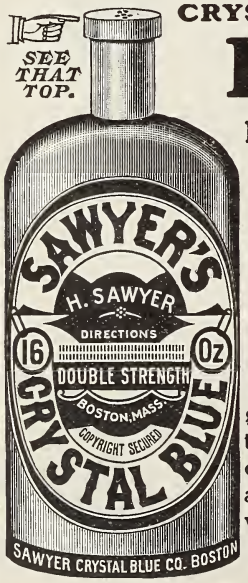
But some one had noticed all that had passed. As they went out, he took the old woman aside, and said to her, "You were not hungry, then?" "Oh, yes," she answered, blushing, "but I am old and can bear it, and that poor young man was more in need of it than I."—*Charles Wagner, in "The Gospel of Life."*

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Sawyer's Blue gives a beautiful tint and restores the color to linen, laces and goods that are worn and faded.

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Quilted Mattress Pads

¶ Money spent wisely means comfort and pleasure to the spender. You go to bed to rest. Quilted Mattress Pads will make your bed comfortable as well as keep yours and baby's bed in a perfect sanitary condition.

¶ The cost is small, and when washed they are as good as new.

¶ Ask your dry goods dealer.

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Allen's Foot-Ease, **a powder for the feet.** It cures painful, swollen, smarting, nervous feet, and instantly takes the sting out of corns and bunions. **It's the greatest comfort discovery of the age.** Allen's Foot-Ease makes tight-fitting or new shoes feel easy. It is a certain cure for ingrowing nails, sweating, callous and hot, tired, aching feet. We have over 30,000 testimonials. **TRY IT TO-DAY.** Sold by all Druggists and Shoe Stores, 25c. **Do not accept any substitute.** Sent by mail for 25c. in stamps.

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(Mention this magazine.)

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Will hold six or eight persons sitting or two lying down



Very ornamental inside or outside the home. A bed or a hammock. Finest construction. Very durable. Always **hangs level.** Canvas or denim casings. Hair or cotton felt art cushions. Booklet free.

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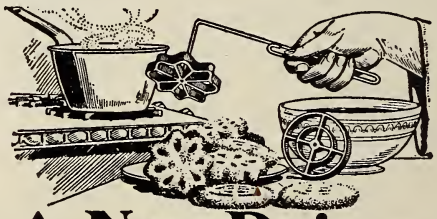
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Half-tone Work a Specialty

Alice McCarthy and Anna U. Foley, 146 Thorndike Street, Brookline, Massachusetts, graduates of the Normal course of the Boston Cooking School, announce that they are ready to receive orders for luncheons, dinners, and receptions; also for bread, fancy cakes, pastry, desserts, confectionery, invalid dainties, and novelties for holidays. Small luncheons and children's parties are specialties, and, if desired, food will be prepared at patrons' homes.

Referring to "House-cleaning Notes" on page 398 of March *Magazine*, by Mary Taylor-Ross, when using plaster-of-paris, if it is mixed with vinegar or sour milk, it will work to better advantage, for it will not harden as quickly as when mixed with water.—*Fanny C. Wells.*

"I don't want any castor oil," said a sick little Boston boy, petulantly. "Why, Horace," expostulated his mother, "don't you know that castor oil is made from beans?" And the little boy, whose faith in his mother is perfect, took the dose, and feebly asked for more.—*The Independent.*



A New Dainty-
Rosette Wafers

Crisp and delicious—for breakfast, luncheon or afternoon tea.

Made with the thinnest of batter and a novel little iron. **Any woman can make forty of them in 20 minutes at a cost of 10 cts.**

All the best dealers sell these irons at 50c a set.

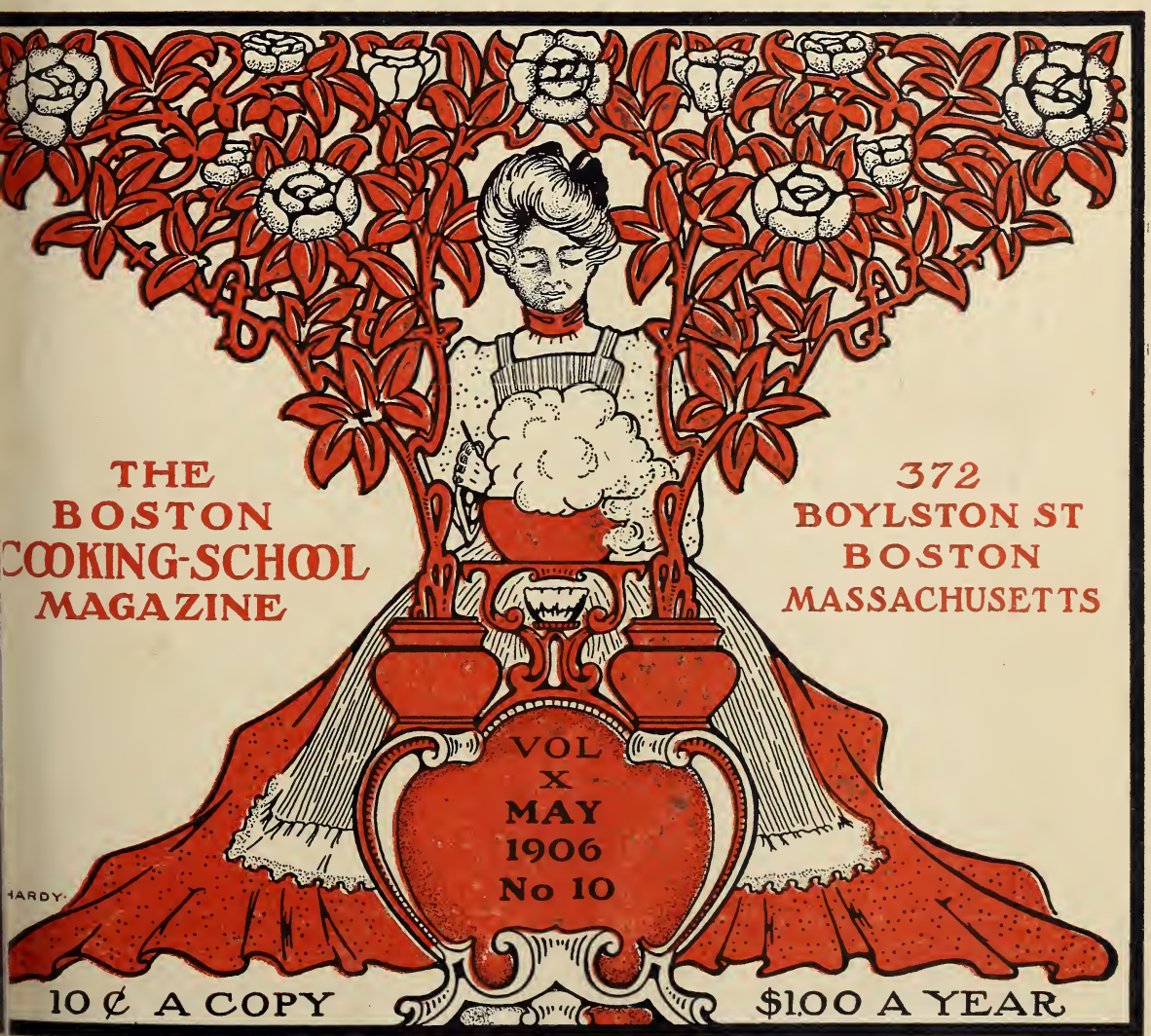
If your dealer does not sell them, send us 70c and we will mail you a set postpaid.

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THE BOSTON COOKING-SCHOOL MAGAZINE

OF · CULINARY · SCIENCE · AND · DOMESTIC · ECONOMICS ·



Squire's Arlington Ham



HAT kind of ham do you like?

Is it the dry, tough, tasteless kind that you usually get from the market when you order just "ham"?

Or is it the sweet, tender, delicious kind that they bring you once in a while, seemingly by accident?

Wouldn't you prefer to have the latter kind every time?

Wouldn't you rather know that the ham you order to-day will be good than to hope that it will be?

Really, it is foolish to put up with the annoyance of poor ham, year after year, when the remedy is so simple.

If you will just say to your dealer that you must have **SQUIRE'S ARLINGTON HAM,** and that nothing else will do, your ham troubles will be over.

Listen, and we will tell you why:

In Cambridge we have an immense packing plant, where cleanliness is insisted upon in every department.

3,500 prime Western corn-fed hogs are received there daily, and each one of these animals must pass under the trained eyes of United States government inspectors, on duty at our factory. Only such as are up to the highest standard are used for food. This safeguards your health. Then the choicest of them all are selected for our **"ARLINGTON"** brand products,—our best.

Arlington Hams are cured by a private process used by us for over half a century. As a result they have a flavor far superior to that of ordinary hams, and the meat, which is of a delicate pink color, is moist, sweet, and tender.

No injurious preservatives of any kind are used in our pork products.

Don't forget the name **"ARLINGTON."** If your regular dealer does not carry this brand, write us for the name of one in your vicinity who does. There are plenty of them. Whatever you do, don't accept something "just as good."

JOHN P. SQUIRE & COMPANY
BOSTON, MASS.

H B·H Co

Waiting

By Grace Stone Field

The mists were breaking when she sailed away,
The sea was still beyond the shining bay.
A lonely gull, with slantwise wheel and dip,
Followed my ship.

High tide and low, red moon and sunset ray,
Over the restless waters, shift and stray;
The lonely gull skimmed home with wings a-drip.
Still stays my ship.

Somewhere, beneath the waves, perchance she bides,
Lifting and falling with the sullen tides;
A rock-rent wreck, the sea in pirate grip
May hold my ship!

Nay, for her freight was hope, her sails were spun
Of faith and patient toil, from sun to sun;
And safe in port at last, through storms that whip,
She'll sail,—my ship!



HALLWAY IN MR. FRANK C. LEE'S HOUSE
SALEM, MASS.

The

Boston Cooking-School Magazine

Vol. X. MAY No. 10.



Hallway in the Daniel Low House

Old New England Hallways

By Mary H. Northend

IN feudal times the baronial hall was a spacious, lofty apartment, forbidding and grim. The furnishings were scanty, although rich and massive, as is seen in the country seats of merry England to-day, where a fire of huge logs was kept blazing in the cavernous depths of an immense fireplace, flickering on the walls and casting light into the dim corners of the room. Home life was centred around this cheery fire, and here, after a successful hunt, sat the old baron, surrounded by his hounds, and exhibiting the trophies of the chase.

In comparison with these spacious apartments the hallways in colonial days were small and contracted. Sometimes they formed a division line through the centre of the house, and opened on either side into large rooms. The staircase with low treads rose from the farther end, and was often most elaborate in carving of balusters and



Hallway in Arthur W. West's House

newel posts. The colonial staircase takes an easy lead among those of modern days, and is copied into twentieth century homes by the up-to-date architect. This is particularly true of those found in Salem, Mass., many of which open at the rear into the dear, old-fashioned gardens of our grandames' time.

The hall of to-day and that of yesterday differ in that the former is often large and wide,—a feature of the home, so arranged that doors are done away with and archways and framed doorways connect it with the living-rooms in the house. Small and contracted, the hallway of "ye olden times" gave practically no chance for tasteful decoration, as does the present day one, so artistic in effect that one is impressed with its attractiveness.

In many houses the hall is treated in a handsome manner, following the colonial style, with paneled walls from floor to ceiling. Dignity is added by massive, moulded beams overhead, while the woodwork is treated with many coats of paint, well rubbed down, leaving a smooth surface. From either side of the hall grand staircases rise to a broad landing, from which a single flight extends to the second story. The balustrades of these staircases are handsomely made from special designs, while the newel posts are formed of clusters of similar balusters. A fireplace at one side of the hall forms a prominent feature. This is finished with facings and hearth of marble or brick and a mantel, over which is often a paneled over-mantel of fine proportions.

Historic staircases are found in many a seaport town. These vary in form and construction, and often have a story of their own. In the glow of East India commerce the aristocratic end of Salem, Mass., was Derby Street, with its square, three-story houses of wood and brick, bordering the harbor. Then came a change, and the merchants began to build on Bridge Street, where there is

an ocean view, but permanently they located on Chestnut Street, a beautiful tree-arched avenue.

One of the first houses erected here was the Thomas Sanders house, a beautiful mansion, beyond which he built for his children a large brick residence, still standing. One-half was the home of Leverett Saltonstall, the first mayor of Salem. It is now in the possession of Mr. Huling C. Brown, and shows one of the finest staircases in this historic city, spiral in shape, winding around from the entrance hall to the upper story. The central feature of this old hallway is an arch supported by fine ornamentations.

Farther up on the same street stands a colonial home, the triangular porch of which, in the corner of the court of entrance, beckons the approaching guest with an air of hospitality that contrasts effectively with the street front porches above and below it. This is the home of Mr. Francis H. Lee, whose ancestor was one of the first citizens to build on this street. Here the staircase is at the rear of the hall, and shows, as in the Brown house, the archway, but simpler in ornamentation. The hall is a large one, the central feature of the house, broad and high and furnished in rare specimens of colonial times.

The hallway in the home of Mr. Arthur W. West, while not strictly an old-time hall, through the introduction of modern features, is interesting in detail. An arched entrance leads to the stairway of the second floor. Here one finds rare pieces of antiques in desk, secretary, tables, and chairs, handed down through generations to the present owner.

Joseph S. Cabot, one of old Salem's prominent citizens, built on Essex Street, a house in pure colonial style of architecture. Entering the porch, one steps into a magnificent hallway, wainscoted waist-high. Here the colonial staircase shows a clever touch in the rare carving of balustrade and newel



Hallway in the Nichols House

post, adding a sturdy note to the soft, artistic hangings of the hall. This is one of Salem's most historic houses, and is occupied by Mr. Daniel Low.

Federal Street has the honor of being the site of one of the finest colonial houses in Salem, the Nichols house, built for a bride. The hallway here is a choice specimen of an old-time stair-hall. Wide and long, it ends with a door that leads into a court-yard at the rear of the house. The staircase, low in tread, is considered by authorities to be an example worthy of imitation by the architect of to-day.

Historic and modern hallways are of interest in both furnishings and construction. There is a fascination about them apart from architectural value. The stair-hall is the central feature of the house, and is, as it were, a keynote to the good taste of the occupant. It demands more than passing attention, that each part may carefully fit into its proper position and that, throughout the whole, no false note may appear.



The Beach at Scheveningen

A Visit to Scheveningen

Gleanings from my Note Book

By Anna Pitt Walls

WE arrived at Scheveningen, the famous Dutch watering place, early in June. We had a small furnished villa for the season. From here we explored the many points of interest in the surrounding country.

We had the entire upper part of the house. An elderly woman and her daughter lived in the basement, and



Mevrouw Heitzenvold

catered to our wants. As they spoke only the Dutch language, which none of our party understood, we had some laughable experiences the first day or two. But we found a neighbor living across the road who spoke French fluently; and after that we managed very well. He kindly came each morning to act as interpreter.

Barring a peculiar sauce that Mevrouw Heitzenvold insisted on serving with our string beans and the spice that seasoned our cauliflower, we fared extremely well on our five daily meals.

About eight o'clock every morning a young girl appeared at our window with a small cart heaped with fruit. We had six different kinds to choose from. The strawberries were particularly fine, and lasted until the middle of September. The pretty little baskets in which they were served gratified the eye almost as much as their flavor did the palate.

We had stipulated that we should have white bread and coffee for breakfast and an English dinner. It was mevrouw Lisa's delight to give us delicacies of her own making at our ten o'clock supper. When she met us at the dining-room door with a broad smile, we were prepared to be either agreeably or otherwise surprised, and one glance at the table, sometimes, induced us to insist that she must be tired, and we could not allow her to sit up to wait on us; for, though most of the Dutch viands are appetizing, some of them are impossible.

The principal hotel at Scheveningen is the Kurhaus, with a casino attached, that has reading-rooms, a concert hall, baths, etc. Here the renowned Philharmonic Orchestra of Berlin gave a concert every morning and evening during the season. One evening in July a party of students from the University at Utrecht, dressed in handsome Louis XV. costumes and carrying baskets of flowers, walked around the hall three times, throwing their flowers on the stage as they passed. They were orderly and dignified. This



Windmills



A Schoolroom

is an ancient custom, commemorative of some event, I could not understand just what.

From the esplanade in front of the Casino we had a fine view of the long white beach, dotted with innumerable hooded chairs, from whose depths may be seen all phases of Dutch life, from the young queen to the lowliest peasant.

Should you be tempted to try a dip in the sparkling waves that break so invitingly on the smooth white sand, one of the wagons that stand in line a short distance from the shore serves for a dressing-room. When you are ready for your bath, it is backed down into the water by a sorry-looking old horse, and a stout woman takes possession of you (if you chance to be of the gentler sex), gives you a few bobs up and down in a narrow curtained space behind the wagon, and returns you in safety to the box-like compartment. I tried to induce my attendant to give me a little more liberty and a few more bobs, but my pleading was in vain: she only smiled, said, "Yah, yah," and lifted me bodily into the wagon.

In Holland the men and women do not bathe near each other, but at different ends of the beach. I wonder how a view of the bathers at our Atlantic City would impress them?

Turning from the pomp and fashion displayed in this aristocratic quarter and taking a path through the sand dunes, covered with long reed grass that nods and bends with every passing breeze, a few minutes bring us to the quaint little fishing village of the same name; but with the name all points of resemblance cease, and one seems to be in another clime and age. The hand of time has dealt heavily with some of the landmarks of this village. Years ago a part of it was entirely washed away. Enough remains, however, to please the eye with its picturesque beauty. There is a peculiar charm in the winding lanes, lined on either side by narrow houses, with sloping fronts and red-tiled roofs, set at an oblique angle to each other and to the street. In the



Half Orphan

small court-yards hang row after row of fish, drying in the open air. Occasionally one meets a group of women on their way to market, carrying flat baskets, filled with fish, on their heads.

One day, at the far edge of the village, I heard shouts of laughter issuing from a garden enclosed by high walls. I peeped through the open gate, and was rewarded by one of the prettiest sights I have ever seen. About twenty little girls, their ages varying from three to six years, were engaged in a game of "tag," while an attendant, feeling all the dignity of her twelve years, stood by, busily knitting while she watched them. A bell sounded, and they fell in line behind the little knitter, who never stopped her task an instant, and walked demurely in a serpentine line around the garden, disappearing within a low doorway at one side, at the entrance of which each child took off her wooden sabots and held them in one hand behind her back. In the mean time the principal came out, and invited me by signs to enter. In the hall I noticed the small sabots laid orderly side by side.

There were three sections in this kindergarten, each accommodating fifty children. In one room they were singing quaint, Dutch, nursery rhymes about boats, so one little fellow gave me to understand by walking across the floor with a rolling gait like a sailor, then going through the motion of drawing in nets and rowing. With great glee he indicated that he would be a fisherman when he was "so big," standing on tiptoe and stretching up his arms, and smoking an imaginary pipe. This amused the children immensely, and caused them to shout and laugh so loudly the teacher was obliged to send them to their seats, and end our fun.

In these free kindergartens the children of the fisher-folk, many of them fatherless, receive all care and attention. They are conducted by the methods used in Germany.

The peasants of Scheveningen were originally from Friesland. They have a legend that in the early days of Christianity a woman of that country was persecuted for her religion. She was wounded in the head, and was obliged to cut off her hair, which was very beautiful. The king, charmed by her piety and grace, married her. On her wedding-day her friends, in sympathy for her misfortune, cut their hair, and put on lace caps, turned back at the ears and fastened with gold pins. Since then the women and girls over twelve years continue to follow this custom.

One day I noticed a number of children dressed very oddly, and upon inquiry I found they were orphans and half-orphans. Nine-tenths of the males of Holland derive their living from the waters of the North Sea. The winters are hard and the storms severe, consequently more men lose their lives than in countries where they follow less dangerous occupations. So there are many half-orphans in this country. But they are well provided for. In this vicinity the girls wear black skirts, to the ankle, held out balloon-fashion by stiff haircloth petticoats, little white shawls or fichus pinned down the back and over the shoulders, while close white caps cover their straight yellow locks. Those of Amsterdam present a startling appearance. The boys, as well as the girls, have one side of the jacket black, while the corresponding side is a bright red. This is to prevent them from frequenting saloons, dance halls, etc. This striking contrast will at once direct attention to them.

The Revenge of M'sieur Louie

By George Nox McCain

"ZEN Madame have no more ze requirement for M'sieur Louie?" And he bent his head with graceful and unconcealed regret and with a deprecatory movement of his hands, palms upward.

"No." And Madame compressed her pretty lips tighter to prevent an impetuous declaration as to just what she thought of her victim. But he was not inclined to yield so readily to her abrupt dismissal.

"Madame will ze obligement have to give ze r-r-raison for dismission?" he went on, submissive in tone, yet still maintaining his attitude with outspread palms and head aslant.

"I am discharging you because I simply can't endure you any longer," she exclaimed with nervous petulance. "You disregard my instructions, and then plead that you do not understand what I say. I am convinced that you do understand, and I am determined to end it. Your week ends on Saturday, and this is only Tuesday; but you can leave to-morrow with a week's wages." And Madame's gentle but highly agitated bosom palpitated with suppressed excitement and indignation.

She suddenly recalled a dozen things, in the period of as many recent days, in which M'sieur Louie, with the evident design of irritating her, had purposely done wrong. She flared up afresh at the recollection.

"Only yesterday, after I had repeatedly warned you to not drop the Navajo blankets on the ground before you hung them on the line for Sophia, you deliberately threw them in the dust. After that I made up my mind you should not stay twenty-four hours longer in my house." Then the highly incensed lady drew her garments about her slender form, and retreated with a frou-frou of skirts from the domain of dish-pans, gas ranges, and the other shining implements of culinary science.

Mrs. Hector Hastings Collins carried her conversation with her cook and factotum farther than either good taste or personal dignity justified, perhaps; but then she was irritated. Her feelings had been lacerated, her authority ignored. There was but one solution, one balm in her domestic Gilead: M'sieur Louie must walk the plank.

Yet in her heart she dreaded losing him. He was a most excellent cook. He was obliging, too, or had been until some malefic star, in the past few days, had shone upon his pathway. He was a favorite with the children; and it was Kismet, aged ten, involved in the alien mazes of primary French, who, out of unselfish friendship and admiration for one who could make such delicious tarts, had knighted the polyglot cook "M'sieur Louie." He spoke everything fluently but English: that he murdered.

With the certainty of his permanent undoing before his eyes M'sieur Louie went about his daily routine for the remainder of that memorable day with oppressed mien and subdued voice. The injustice of Madame's action rankled in his Gallic heart and chilled the blood of three nations that flowed in his veins.

"Had he not been a faithful servant for eighteen months? Had he not received the encomiums of M. Collins repeatedly for his cooking and his table service? Sacré! Did not the children love him and cling around him till he was compelled playfully to drive them from the kitchen? And the golden-haired Mademoiselle Kismet, of whose French he was so proud, would not the petite mademoiselle miss him? Sure!" he murmured in his

best East Side English, as he dropped a big tear into the wooden bowl of pea-shells in his lap.

"He had been guilty of petty annoyances: *eh bien?* But Madame was unbearable. It was nag—nag—nag—all day. Mon Dieu! everything went wrong according to her. The iced tea was too warm or the coffee was too cold. Ah! what a life she had led him the past month!" And, as M'sieur Louie dwelt upon the indignity and injustice that had been heaped upon his hot Norman head, that head disappeared between his shoulders in a series of involuntary shrugs. While he bubbled and effervesced with indignation, one impressive word escaped his lips as he sharpened the carver with vigorous strokes on the steel,—

"R-r-r-revenge!"

That afternoon he humbly requested that his wages be paid before 7 o'clock. He had borrowed money from a friend, who would call that evening for repayment. Anyhow, as he would leave in the morning, after breakfast, it mattered little when he was paid. Would Madame condescend to oblige?

There was to be a dinner of eight covers in the Collins home that night, and visions of M'sieur Louie levanting during the fish course flashed through Madame's brain. But he interpreted her thoughts, and protested, with eyes upturned till they resembled a pair of china nest eggs, that this was the greatest injustice she had yet visited upon him.

"I am ze gentleman, Madame! I am not ze—ze—beast to depart and leave Madame in ze—ah—what you call it,—ze—embarrassment."

He received his wages a few moments before the door bell announced the arrival of the first dinner guest, on the solemn declaration that his friend was waiting at the kitchen door for the coin, which, of course, was a bland and smiling lie.

The Collinses were members of a social set that was not noted for wealth or pace, but for its unostentatious culture and the position that its members held in the professional world and in the realm of literature. The Collins dinners were models of cooking, service, and decoration, and intimates of the family recognized in two features of this success the competent and cunning hand of M'sieur Louie; for his sauces and salads were incomparable, his soups and entrées unsurpassed.

The last dinner of M'sieur Louie under the Collins ridge-pole promised to be his most brilliant, the final flash of the meteor before it vanished into the blackness of darkness forever; and the lights, the flowers, the gleam of crystal, the polish of the oaken furniture, which was like glass in its subdued radiance, was that night the ensemble of a picture as bright as the brooding thoughts of M'sieur Louie were black and vengeful.

As was usual upon similar occasions in the Collins establishment the second maid took temporary charge of the kitchen, saw that the courses were hot, and that the china and silverware were ready on the instant, while M'sieur Louie attended to the wants and pleasures of Madame and her guests. This unique arrangement had prevailed in the house for years, especially when the family entertained at dinner.

The six guests, three men and three women, one of the former a famous college professor, and one of the latter a noted authoress, never found little necks that were colder, fresher, or more delicious, and, under the inspiration of this opening note, the conversation and the sherry glowed in unison. The soup was a golden-colored purée, with an aroma that rose like a benediction around the board, and titillated the nostrils of the judge till he sniffed with pleasure and beamed with judicial condescension on the angular spinster with the turquoise necklace who was his *vis-à-vis*. Madame took

a sip, and the self-satisfied smile on her lips testified her silent approval; while her husband, from the other end of the board, beamed back an answering smile.

The distinguished professor dipped deeply and helped himself liberally for the first spoonful, and then a painful flush of mingled suffering and embarrassment swept over his pale intellectual face. At the same instant the distinguished authoress, who had indulged more daintily, groped nervously and hurriedly for her water glass through a blear of tears that made the bank of flowers in the centre of the white damask look like a crazy quilt. The embarrassment seemed contagious, and for the remainder of the course the guests dawdled spoons or sipped the soup gingerly, following each taste with a copious draught of ice water.

Absorbed as she was in her entertainment of the distinguished gentleman at her right, Madame could not fail to notice that he did not touch his soup after the first mouthful, although he manfully attempted to atone for his neglect by a vigorous discussion of the causes originally responsible for the precession of the equinoxes. She glanced around the table to discover to her horror that the creamy viand was strangely neglected by every one, and the face that she bent over her plate suddenly flushed as with a fever.

The fish, a filet of sole *à la* Cardinal, looked superb with its bright crimson garniture. Once more a self-satisfied smile illumined the handsome features of the hostess as she flaked out a dainty bit of the white and found it delicious; but once more, to her unutterable amazement, her guests manifested a decided aversion to it, and furnished a repetition of the incidents of the soup course. A few nibbles seemed to satisfy them.

Perceptible annoyance was now distinctly visible on Madame's countenance. She noted, too, with growing consternation, that the sauterne in the glasses remained untouched by her guests beyond a mere wetting of the lips, and her jewelled hand trembled as she raised her glass. But the amber liquid was as soft in taste and as rich in bouquet as it had ever been. Yet the fish and wine were as completely tabooed by the guests as though they were the unbending devotees of some outlandish or ascetic religion, and this was one of its great and foolish fast days.

By the time the cat-footed M'sieur Louie had placed the entrée upon the table, a delicious combination of fresh mushrooms and sweetbreads, the mental condition of Madame was approaching frenzy. "What is the matter with these people?" she mentally ejaculated, while her startled blue eyes ranged over the table and around the dining-room to detect, if possible, the cause of such an inexplicable state of affairs.

Judge and Mrs. Huff, epicures who never failed to do justice to a dinner given by the Collinses, were not only not eating, but the judge, noted as an entertainer, was growing absolutely inane in his talk, under the strain of trying to be agreeable.

The roast brought a change in the atmosphere around the table, and a fervent mental prayer of thanksgiving welled up from the heart of the wretched hostess. The accompanying vegetables were perfection. The flagging conversation and awkward embarrassment, which had attended the previous courses disappeared, and Madame drew great, silent sighs of relief as her guests developed an undisguised and old-fashioned appetite, while at the same time the worried, querulous look on her face wore partly away, though the mystery of the beginning was still unsolved.

But her relief was only temporary, for the salad was a horrifying failure.

The judge managed to worry down a mouthful, between a couple of discreet little coughs, while the professor, with two hectic spots on his cheeks, talked science with unflagging volubility, to mask his neglect of the food that was placed before him. The others nibbled, and then, toying with their forks, endeavored in a forced and overstrained effort to sustain a semblance of conversation.

By the time coffee was reached, Madame was in a condition of nerves where she would have given half her fortune to have been able to rush out into the laundry and shriek. As for Monsieur Collins, fagged and white, he betrayed the repressed desire of a strong man to rise up and indulge in awkward and uncouth language, as he glanced around the board upon the untouched glasses of wine, with lights dancing in their ruby and amber depths like so many warnings, sinister and unexplained.

The door had not closed a second on the last of her guests before Madame had wheeled into a gallop toward the kitchen, with her husband following in a lope a fraction of a lap behind.

"For Heaven's sake, Clarice, what ailed those fools to-night?" he gasped, the sweat standing out in beads on his high forehead.

"Don't ask me! don't ask me!" And there were suggestions of hysteria in her utterance. "I think I'm crazy." And she flung wide open the door that led to the domain of M'sieur Louie.

But no M'sieur Louie was there.

"Where is he?" demanded Madame, wildly, an unaccountable fear and a dread premonition seizing upon her.

"Sure, he's gone, mam. He said you knowed all about it. He left an hour ago with his big suit-case, an' he said he had to catch a train. He charged me particular, mam, to say he hoped you had enjoyed your dinner."

M'sieur Louie had had his revenge.

That he did not that night wreck the social status of the Collins family, and make their future dinners things to be shunned of all men, was due to the nimble wit and good-nature of host and hostess, who made the story of the episode a comedy instead of a tragedy.

No searching investigation was needed to demonstrate how the dinner had been made a punishment instead of a delight. There were two dishes in the kitchen for everything. From one the culprit had taken the perfect portions for host and hostess, from the other he had ladled decoctions whose combinations had never been dreamed of outside an insane asylum for cooks and scullery maids.

Half a bottle of tabasco sauce to six plates of soup was enough to strangle any *savant* and send an authoress groping, half-blinded, for Apollinaris. The filet of sole *à la* Cardinal must have had a tablespoonful of salt rubbed into each portion. Quinine sprinkled over the pattie-cups and in the wine-glasses had made their contents as bitter as the wormwood of Syria; and, as for the salad, the *chef-d'œuvre* of this feast of wretchedness, its dressing was a mixture of vinegar and machine oil. In this menu of misery the clams and roast alone escaped.

And yet in the heart of tangle-haired Kismet, she of the ragged French and winning ways, there still remains one spot of gracious memory, kept eternally green, for M'sieur Louie who will never return.

Deliver the Goods

By Kate Gannett Wells

IT makes little difference whether one says "Deliver the Goods" or calls for a "Square Deal." The insistence on something for something is the same in either case. Yet some people seem to lack the mental ability to fulfil a promise, while others acquire a ready knack in crawling out of a bargain, and still others pose before themselves as really keeping their word when they are just humbugging their consciousness.

The doctrine of equivalents in social life is largely a question of ability, which again is chiefly a matter of concentration. But it is such hard work to get concentrated and so disagreeable to keep at it. We are such nuisances on committees if we are too much in earnest, and we get so avoided at afternoon teas lest we bring up the morning's debate. Of course we know in a general way that all great work has been done through concentration, and we should like to achieve in turn, and thus deliver our goods, our personal contribution to the world's efforts. But we don't: we are just frauds on our own good purposes, and try to console ourselves by reflecting that, after all, we never had many goods to deliver, when the real trouble lies, not with the goods, but that we do not like the small size of the depot where they are to be delivered, which is only another way of saying that we want to do big things, not little ones.

Yet at one or another time we all have lived in families, and realized that, if the give and take practice of homes could be put on a more business basis and square deals exacted all round, there would be more equable homes and fewer maiden and bachelor apartments. It is far easier to get along with one's children when they are young than when they are grown-up, and the face value of the goods they demand is marked by their varied individualities. Questions then daily arise which concern personal liberty: Shall the adult son pay board to his parents? Shall the daughter become a wage-earner, when her father can support her? Shall he give her a yearly allowance, or shall her expenses be supervised by him? Shall she have her own way about her own affairs and tastes, or hasn't she any option over her daily doings, if she is living under his roof? Yet is it his? (If a man says our house, he is a gentleman; if he says my house, he is a boss. While, if the mother says our home, it is a sign she never has her own way.)

The rights that parents and children owe each other are the goods which each delivers or fails to deliver. The fact of birth places parents, at least, under perpetual obligation to see that a square deal is given by them to their children, who, however, often argue that they do not constitute the second party to a contract that was never signed by them. This latent feeling has much to do with the unconscious disrespect towards parents in which children abound; and parents are very humble-minded.

However this may be, the lack of square deals in family life and of failure to fulfil justifiable expectations is the cause of many unhappy homes and personal shortcomings and much public dishonor. To deliver the goods of justice and of appreciation, of little deeds of kindness and words of love, is as excellent as to prevent drugs and food from being adulterated. We effectively legislate against the latter, but fail to protect ourselves from the

disheartening effects of sham in affection or from the tiresome analysis of mixed motives in what we do to others or in what is done to us. Some persons keep such a supply of mixed motives on hand that one can never touch bottom with them.

The more we search into the inner workings of family life, the more evident it is that this superabundance of mixed motives is one reason for the non-delivery of goods in singleness of heart and exactness of value. We want to affix our own estimate to another's goods rather than to accept his valuation; and, if we can't, we make a fuss. A frequent illustration of our readiness to say how goods ought to be delivered is seen in the marvelous complacency with which many charitable and educational enterprises issue their appeals for money. They may have a deficit to be made good in their current expenses or they may initiate new schemes without regard to whether or not they have the money on hand, as long as the scheme in itself is worthy. In either case the public is called upon to make good what is wanted, it being calmly assumed that Mr. or Mrs. — will give so much. The theory, however, does not always work, and the public often declines to deliver the means to carry on something that should not have been begun until money for it was in the treasury.

Wills furnish another illustration of the same tendency to dictation over others. When some one dies and leaves a will that does not accord with our ideas of how it ought to have been drawn, we find much satisfaction in discussing it, and in supplying explanatory notes as we endeavor to fathom the reasons of the testator for what he did or did not do. Failures in wills to deliver goods as expected are of such frequent occurrence that, if it were practicable, it would be less acrimonious to hold a family conclave before one dies, and to arrange with near and distant relatives concerning the intended disposition of moneys, real estate, and household goods rather than to have a will read after a funeral to the same crowd of aspirants to fortune.

Few wills ever satisfy those who are left; but, of all acts of discourtesy, none is more ill-bred and ungrateful than that of picking flaws in a friend's character or in his will, because as legatee one has not received as much as he thinks he was entitled to. When a will is read, it is the time of all others that one realizes how much or how little one has been valued, and, though the discovery of a low valuation may not be acceptable, it should not be disputed. Yet heirs and the public alike discuss wills, with little regard to the fact that the maker of a will alone has the right to deliver his goods as he prefers. Wills are mighty curious reading, but discussions about them are more curious.

On the whole, it is fortunate for the peace of the family as well as for social good breeding that our children do not begin to think of themselves as our heirs until they are grown up. Meanwhile all they ask is that the goods of family life in food and fun, in dress and education, shall be delivered unto them. As they grow older, the delicate adjustments of the unsigned bargain take place, parents and children alike learning that the more breadth of significance that is put into the two phrases of Deliver the Goods and A Square Deal, the more will family life become honored and happy.

The Salad the Other Half Ate

or a Fortune in Dandelion

By Felix J. Koch, A.B.

IT was one of those delightful days of early spring when Bixler and Catherine wandered home from the club through the park, beside the lake, where wild flowers grew in profusion. Mixed with the sweet nothings that fell from their lips there was a mingled note of sadness, for it was to be their last rambles together. To-morrow Bixler was to leave for a summer in the Balkans, not in Bosnia and Montenegro, the delightful, alone, but through Macedonia, Albania, and the much-dreaded Sandchak. At the end of the voyage lay one of two things, glorious success or kidnapping for ransom or possibly worse. And so, though neither ventured to give expression in words, there was a haunting dread that fell, like a pall, on this homeward stroll.

They stopped for a moment at the spring-house; and, as she drank of the waters, Bixler plucked a dandelion from a crevice of the bowl and put it in his buttonhole.

"I do so love the dandelion," he said in explanation. "It is such a bright, cheery little flower! Do you know, Catherine, it always sort of reminds me of you, with its golden locks and merry little laughter."

The girl's eyes sparkled as she retorted, "Well, if I'm not worth likening to anything better than a dandelion, I'm surely not worth very much." And she put on an air of suspicious anger that delighted him immensely.

Busy days followed; and, finally, after a long, tiresome railway ride, the man from the West found himself aboard his steamer. Scattered over the table in the dining-room was the mail for the passengers,—letters of *bon-voyage*, letters that told last bits of news, letters that were meant for immediate reply,—if need be, by pilot, —and still other letters,—big, fat ones, —that were destined for day-by-day reading, in sections, but which, as is the usual fate with steamer letters, are read from "a" to "izzum" before the liner is well past Sandy Hook. And Bixler got one of these latter.

Of course he didn't wait until the next morning to read the first day's instalment. How could he? The handwriting was too familiar for that.

He opened it, and there were the usual sweet sentiments of a long parting, and, centred about by the words, two pressed dandelions, glued neatly to the page.

"They are such cheery little flowers," was inscribed just beneath.

The sentiment took him back again to the woods and the lanes of the West, to an evening when he was strolling home, and threw him into revery.

A newly made comrade roused him, and they went onto the bridge to watch the setting off. "It would be a novel feature, with good pictures," so the other said; and together they enjoyed the scene.

Every morning, faithful to his promise, Bixler read his page of letter; and every morning he found two more dandelions. The letter he read over and over in a sheltered corner of the deck, while the dandelions sparkled in the sunlight. His story of the dandelions had gone the rounds of the ship, as every bit of news developing on a liner necessarily must; and many an idle fellow secretly envied him for having so attentive a sweetheart. But to Bixler the letter proved an inspiration,—it and something Catherine had said:—

"I have no doubt you will make

good on this voyage. Don't you remember what Dr. Whitlock used to say at the 'Varsity 'bout one-half the world not knowing how the other half lives? Well, you're surely going where the other lives, and you'll know how to tell about it."

"How the other half lives,"—it had given him an idea.

All through the voyage those words ran in his head. Those and the image of the dandelions; and, being a newspaper man, he put two and two together, and conceived an idea. Ideas in journalism lead to "stories," and "stories" lead to gold.

At Naples he left the steamer and made investigation in the markets. Incidentally, he was working up the problem of Italian emigration, but his inquiries were directed especially to the food of the Italian of every class,—what was rare, what common, how the tastes ran among the nobles, were they fond of introducing new foods, etc. His answers were satisfactory.

Then he went to Mount Vesuvius, and beyond, to the villages nestling in the valleys. There he bribed some picturesque peasant girls, who spent a few hours in the fields working under the American's directions. Returning to their homes, they put the product of their labors in a great hamper, and to this the American correspondent attached his card, and sent it to the American embassy at Rome.

Accompanying it was a letter, enclosing the usual "introduction from the Department of State," which is the open sesame of the foreign correspondent. Under its directions the embassies and consulates, presumably under orders, but more to gain golden opinions for themselves, will do almost anything within reason for the holder.

The next day the American newspapers chronicled that a certain Claude Bixler had been ordered to court and decorated by the Italian king with an order of personal service, in that he had presented their majesties with a salad that tickled their palates as nothing had done in years. The young queen had been suffering from loss of appetite for some time, but this altogether new and piquant salad, coming as something unexpected, had acted as an appetizer; and now the queen could not get enough of the dish. It had been introduced at court, and such was the demand for it that a single American firm had received an order for three hundred baskets of the leaf.

The American public wondered.

A certain American vegetable dealer and exporter in New York had also wondered, when a cablegram addressed to him was opened. Nothing but his acquaintance with Bixler and the reliability of cablegrams made him pay attention to this one. But he filled the order, got his money, and was satisfied.

Then the same thing followed in the courts of Montenegro, of Servia, Roumania, Bulgaria, and at the table of the Governor of Bosnia. The fame of Bixler's new discovery was creeping over the East. Kings and princes and governors-general, whose luncheons ran pretty much the same the year around, hailed this new gift with joy. Decorations were showered on the correspondent, for which he cared naught, save that it interested his readers and increased his standing with the editors who paid for his work. And in America these editors were wondering. A certain firm in New York knew, but, of course, they wouldn't tell. It was a golden harvest they were reaping, and they already had a snug check of appreciation awaiting the correspondent on his return.

Then Bixler came home.

On the first despatch boat to meet the liner were the New York reporters. They were laying for Bixler.

But Bixler hadn't a newspaper man's instinct for stories without the equally necessary sense of disguising.

So he greeted them affably, showed his decorations, told of his hobnobbing with royalty, how at Belgrade, in particular, he had rather not have been in the palace, owing to perpetual rumors of dynamite, etc., and then he told how the great American dish had tickled the palates of the Old World.

He proceeded to speak of the chances for American invasion, along the line of foodstuffs, how the signs of Johnson's beans and Smith's catsup were already along the Rhine, but that the south of Europe, where folk spent the most on their palates, was unexploited; and yet, of course, he had not named the salad.

Finally, he gave each of the reporters some real Turkish cigarettes, and so the press was "fixed." The next morning New York was informed of the return of a certain brilliant correspondent, and of his successes, etc., until the Sunday editors couldn't write fast enough for just a feature or two from his pen.

But that wasn't the best of it. There was a still more lucrative side to the business.

He had arranged all that by mail long ago.

The New York "upper crust" wanted to know what this dish could be that renewed the faded appetite of the Queen of Italy; for the "upper crust" has a good many faded appetites too. The "upper crust," further, thought it would be quite the thing to introduce this "great American dish" on its bills of fare, if they could but discover it; and that was where Bixler came in.

A certain hotel manager had cabled him for advice. He gave it conditionally. One condition was the awaiting his return before making it public, another was the disguising of the dish under a poetic name, and the third was a financial return for the *recipe*. All three were acceded to and for one full glorious day the great folk of New York socially dined, one and all, at the *one* great hotel where this unique dish was served.

It came with the fowl, on the menu, served in a deep bowl, and heaped quite high. It was a salad of deep green, much-indented leaves, tempting to look upon. And the taste! It took one back to green fields and running brooks. It made one want to whistle and sing, and leave the gilded mansions of luxury and go out to the fields and be Nature's child again. It tickled the tongue, it made hunger rise; and, if they did charge $2 a bowl, what difference? New York had the gold.

Then there came to the Fastoria, the one place where the salad was sold, a young woman reporter. She had been sent by her editor to write up *that* dish. She called for a portion. She ordered a second, and the two were precisely alike. Then she laid down the price and the *pour-boire*, went to the office, and wrote her story. It came out as an interview with the American correspondent, and was entitled "A Fortune in Dandelion."

Here is an extract:—

Mr. Bixler gives the following explanation: His intended wrote him a letter, enclosing a few pressed dandelions, which, it seems, are his favorite flower. On the vessel the sight of these pressed flowers gave him an unquenchable desire for dandelion salad, and in Naples he went in search of it. Not finding any in the market, and noticing the flower in the countrysides of Italy, he was struck with a sentiment in the same letter about "one-half the world not knowing how the other half lives." Consequently he had some peasants gather the flowers for him, and presented the king with a basket. As a result, the fashion was established; and, by selling the secret of just what plant it was to food dealers of the capital, he cleared a neat sum. The same thing was repeated in other parts of Europe.

In New York a like deal was arranged, and our *bon-vivants*, who have never descended to anything quite so plebeian as dandelion salad, were taken by surprise. Now that they have relished the dish, it is here to stay, and the price of dandelion has risen tremendously.

One dealer on the West Side tells me that he cannot begin to fill the demand. Sunny areas on Long Island are being planted with

the seed, and it is expected by next fall the leaves will form as great a staple as are cauliflower, cucumbers, or any other of the commoner vegetables to-day.

Messrs. Bowrich & Co., who started the dandelion craze in New York, under advice from Mr. Bixler, have furnished him with a handsome reminder, in a cash form, of the incident.

Shortly after the Cleveland papers chronicled a wedding, unique in its way.

It was a church wedding, of course, and the decorations were decidedly pretty. The chains of flowers, from pew to pew, the banking on the altar, and, best of all, the bridal bouquet, were all of dandelions,—"golden, sunny dandelions." The wedding trip was paid from the sale of dandelions. The home itself was bought with dandelions, and the last report is that Bixler has taken to journalism as avocation only, having bought a large section of lake shore in Northern Ohio for the raising of new species of dandelion.

Lessons in Cookery and Food Economy

By Mary D. Chambers

Lesson VII. Last of this Series

Pies and Puddings

Apple Pie

Make a plain pie crust (see Lesson III.), cut out upper crust, line pie plate, and proceed as follows:—

Allow four or five apples for a pie about as large round as a dinner plate. Wash, core, and pare apples, cut in eighths, and slice thin. Arrange in lined pie plate in layers, and sprinkle with sugar, allowing one to two tablespoonfuls of sugar to each apple. Add a few cloves or a little ground cinnamon or nutmeg. Fill in apples well towards rim of pie plate. Put on upper crust, having previously cut openings in it to allow for escape of steam. Wet the edge of the under crust before putting on the upper, and press the two together, using the tines of a fork or the point of the bowl of a spoon. Place in hot oven at first, and bake at least half an hour with gradually decreasing heat.

One cup of flour will make a two-crust pie of ordinary size. For individual work six tablespoonfuls of flour and one rather small apple will make a pie four and one-half to five inches in diameter.

Strawberry Pie

Hull and wash berries. Measure to fill pie plate. Allow half as much sugar as berries. Mix sugar thoroughly with one-fourth its volume of flour. Brush over bottom crust with white of egg. Arrange berries and sugar in alternate layers. Put on top crust, and bake.

NOTE.—Instead of a top crust, strips of pastry, about half an inch wide, can be crossed over the top and moistened and pressed down where they touch under crust.

Cranberry Pie

Measure water nearly to fill pie plate. Take as much cranberries as water. Take half as much raisins as cranberries.

Take as much sugar as raisins. Take one-eighth as much flour as water. Take as much butter as flour.

Method.—Melt butter, and stir in flour. Add water, and stir until it boils. Add cranberries and raisins, previously stoned, and cook until soft. Remove from fire, stir in sugar, and pour into pastry shell, which has been previously baked.

To bake Pastry Shell

Invert a pie plate. Cover with pastry, fitting it smoothly on. Prick with steel fork all over, to prevent the paste rising in bubbles, and bake until well browned. It will then slip easily off pie plate and will retain its shape.

Another way: Line pie plate as usual. Place a piece of cheese-cloth over pastry, and fill with enough flour, coarse meal, or similar substance, to prevent pastry from losing shape when baked. This method has the advantage of leaving the pastry shell unpierced by holes which may admit of leakage of juice.

If an upper crust is desired, it may also be baked separately, by cutting out somewhat larger than the needed size, perforating all over, and baking on a flat tin.

NOTE.—Figs may be substituted for raisins in making cranberry pie or cranberries alone may be used.

Raisin Pie (Mock Mince)

Measure water nearly to fill pie plate. Take half as much raisins as water. Take one-eighth as much sugar as raisins. Take one-half as much molasses as sugar. Take half as much egg as raisins. Take half as much lemon juice as sugar. Take one teaspoonful of mixed spice to every cup of water used in making pie.

Method.— Cook raisins, previously stoned and chopped, in water until soft. Add sugar, molasses, and spice. Remove from fire, cool slightly, and stir in first egg and then lemon juice. Pour into pastry shell, and cover with top crust.

NOTE.—The mixture, when the egg is added, should be warm enough to coagulate it sufficiently to thicken the whole, but not hot enough to cause curdling.

Lemon Pie

Measure water as before. Take half as much sugar as water. Take one-fourth as much flour as water. Take half as much lemon juice as flour. Use one egg to each small pie, two or three to a large pie.

Method.—Mix flour and sugar very thoroughly. Stir into water when hot, and cook, stirring constantly, until mixture boils. Remove from fire, and stir in egg yolk rapidly. Add lemon juice, pour into well-browned pastry shell, making meringue of white, and brown slightly with salamander, hot stove lid, or under gas flame.

From the foregoing work the student is expected to learn, inductively, the following rules for pie making:—

1. When the filling is uncooked, the pastry and filling are baked together.

2. Pies made with a cooked filling require a previously baked crust.

3. When very juicy fruit is used, the under crust needs to be brushed over with white of egg, to prevent sogginess; and a little flour must be added to filling, one to two tablespoonfuls to every cup of flour used, to keep pie from being too watery.

4. Where much tough cellulose is present, the sugar must be added last. Consequently, the filling in this case will be cooked. (Why?)

5. A pie made on a starchy foundation needs a cooked filling.

6. Egg can be substituted for flour, or *vice versa*, where thickening is required, or a mixture can be thickened with a combination of both.

In order to insure a thorough understanding of these principles, and facility and intelligence in their application, the following problems in practical work

are given, to be solved by the student without further instruction, namely: the making of Orange Cream Pie, Orange Meringue Pie, Nut Custard Pie, Cherry Pie, Fig Pie, Sweet Potato Pie, and Squash Pie.

Puddings

Two Classes, Boiled and Baked

Methods of Boiling Puddings

1. Pudding is tied in cloth wrung out of hot water and well dredged with flour. Room is allowed for swelling. The pudding is then dropped into rapidly boiling water, and boiled continuously until cooked. A large plum pudding requires six to eight hours.

2. A well-greased bowl is used to pour the pudding into, and a floured cloth is tied over this. Bowl and all are dropped into boiling water as before.

3. Pudding is placed in a buttered tin, covered with oiled paper, and set into a kettle of boiling water, which is covered until pudding is cooked.

All boiled puddings can be steamed.

Classes of Puddings

1. Foundation, a thick batter. Batter is sweetened, enriched by eggs and butter. Spice and fruit added as desired.

2. Foundation, a biscuit dough. Dough should be very light, and can be used in the following manner: (1) Spread with fresh fruit or preserves. Roll and steam or boil. (2) Enclose pared and cored apples or other fruit in individual portions of dough, and boil, steam, or bake. (3) Cook fresh fruit with sugar in a deep dish. When fruit boils, lay a sheet of biscuit dough on top, and cover closely until dough is cooked.

3. Foundation, bread crumbs. Rolled and sifted crumbs are substituted for flour. Wetting must consist chiefly of egg. Use any additions given for batter puddings. In the English Plum Pudding the crumbs are not stale, and the bread is rubbed rather than grated. An equal weight of every ingredient is taken,—*i.e.*, crumbs, suet, eggs raisins, and currants. Brandy, candied peel, and spices are added.

4. Foundation, a cereal. Proceed as for batter puddings. Cereal is (preferably) previously cooked.

5. Foundation, a chou paste. Substitute milk for water, bake in muffin cups, and serve with a rich sauce.

6. Foundation, stale bread or cake, sliced or crumbled, and used in following manner: (1) Moisten with a rich custard, add fruit, and bake or steam. (2) Spread slices of bread with butter, place in earthen dish with buttered side down, pour a custard over, and bake. (3) Use a light cake mixture, bake, and serve with a sauce.

7. Foundation, a thick sauce. Use as follows: (1) Use fruit juice for liquid (see pp. 230, 231, Vol. X., for other suggestions). (2) Take a number of eggs to equal sauce in volume. Separate yolks from whites. Stir yolks into sweetened and flavored sauce, then beat in stiff-beaten whites.

Most of the foregoing can be cooked by either baking, boiling, or steaming. The students should be encouraged to work from the principles given, using as much variety as possible, to develop originality and self-expression.

During the last fourth of the course no definite instruction is given, but illustrated recipes are cut from this and other magazines, and the student is required to construct the dish with the aid of the illustration alone, or, in some instances, with a list of the ingredients.

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OUR TENTH ANNIVERSARY

PERHAPS we need not remind our readers that the present number closes the tenth volume of the *Cooking-School Magazine*. Side by side these ten volumes, now completed, are quite formidable in appearance, and they form no inconsiderable library of culinary and household information. They hold more than five thousand pages of text and nearly two thousand half-tone engravings, chiefly of prepared dishes. This latter feature of the magazine is original and unequalled in the work of any other publication.

In our May issue, each year, we give at considerable expense a title-page and complete index of contents, to enable subscribers to bind and preserve the yearly volumes for future reference and use. We know many housekeepers regard a full set of the periodical as an almost invaluable possession.

With our next issue we begin a new volume, and we hope to make it in every respect superior to any that has preceded it. Certainly, in this, as in other matters, experience should count for something. Moreover, our large and loyal patronage is most encouraging and conducive to renewed effort. The wants of our readers are our wants. The inquiries and suggestions of subscribers are esteemed by us. They are regarded as significant and helpful in providing appropriate and serviceable material for our pages. We think the interest in progressive home-making is increasing. For, after all, home is the only spot where lasting contentment can be found.

A SOUTHERN CITY

THE editor of this magazine has just returned from a very enjoyable visit to Birmingham (Ala.). Among the many impressions received on this trip the most noticeable are the signs of prosperity that are manifest everywhere in the South. No class is unoccupied. Atlanta (Ga.) and Birmingham (Ala.) are remarkably interesting and progressive cities. The latter, with its record of only twenty-five years, is a marvel of rapidly developing industries.

Apparently, the women of the South are more interested and enthusiastic in housekeeping than are their sisters of the North, and especially of New England.

'Tis strange, but true; for truth is always strange.

Southern hospitality has always been proverbial. The desire, which has become a trait on the part of Southern women, to entertain and please is a constant source of wonder and admiration to the visitor. Climate may have

some influence in perpetuating in Southern women a certain type of beauty and an ease and grace of manner that is always charming. At any rate, they are delightfully social and homelike.

In our short visit to a single Southern city we found much to interest and instruct. The tide of prosperity is evidently setting southward. The amazing possibilities of a new and beautiful Southland are beginning to be realized.

FOR HOME-MAKERS

"Keep your eye on the goal, lad,
Never give up nor fret;
You'll stand a better chance, lad,
The further along you get."

AN old song, a wise one, and good for women, even if written for boys. Change the "lad" to "lass," and sing it over tub and broom, stove and pastry-board, ironing-table and sewing-basket. There is magic in that last line, "further along." Every hand's turn you do in the right spirit is giving you a better chance of being the sort of good woman you want to be, and of reaching the goal of God's "Well done."

Very well to sit comfortably at a desk and talk? The hard matter is to think these things, and sing when the rain pours down on washing-day, the fire will not burn, the children are tiresome or sick, husband wants a dozen affairs attended to at once, the oven will not bake, the irons are smudgy, the pastry is heavy, and there is no time for the sewing that *must* be done. So it is, so it is. But you have no leisure to sit at a desk and write to yourself; and what are we who advise you for, if we cannot hearten you up and show you how we appreciate the labor and thought that makes the house clean, the good will, and home happy?

Why do you get discouraged, and feel the duties of wife and mother a load of monotony you cannot always bear? Is it not because you have a dismal idea that home work is small and lightly valued by the world? "Any fool can scrub a floor or make a pie." Indeed she cannot. Try turning a few of the wise and learned women on to these duties, and see if there are not more stupidities in Wisdom's portals than you dreamt.

Get "further along" in the direction of having a "good conceit o' yersel', mother dear." The world in general and this country in particular could not move far without you. Get "further along" in the truth that your work is as great as any in the realms of science, art, and literature. To find a new law of nature, paint a fine picture, write a clever book, are excellent achievements in their way; but what are they to yours? If you are a God-fearing, Christ-serving wife and mother, you are painting and writing the record of your life and opinions in the flesh and blood of husband and children, to descend to all future generations. Honors? Yours is the highest honor woman can know. "The hand that rocks the cradle rules the world." That is a true saying. A man may build whatever kind of character he likes for himself, but the foundation is always what his mother gave and taught him.

Do not believe you are behind in the march of progress. Your place is in the front rank. Get "further along," Home-makers!—*Alton Telford, in The Christian Register.*

FAIR PLAY

"THE quality of mercy is not strained," etc. We admire this speech of Portia. It is true. Mercy is a noble attribute, a trait of character to be cherished and practised. We do all plead for mercy. At the same time, in the every-day affairs of life, justice is a necessary and workable rule of procedure. What people want above all else is fair play.

The boy who does not play fair is soon found out and avoided. In games, in politics, and in business affairs in general, we want no dealings with the man who is dishonest or unfair. Favoritism is hateful because it is unjust. Its tendency is to benefit the few at the expense of the many. Is it fair, for instance, to raise the price of coal whenever a threatened strike occurs in the mining district? Are the people most intimately connected with this matter dealing square? The steady rise in the cost of the necessities of life without visible cause is a problem a constantly increasing number of people are more than desirous to understand. Who is benefited by an advance in the cost of commodities? Pure food, genuine goods, fair play, economic government, are the legitimate fruits of our native right to life, liberty, and the pursuit of happiness. We want simply justice in all things. Instead of "Truth forever on the scaffold, wrong forever on the throne," we wish the universal reign of truth and righteousness. This is the ideal for which mankind is ever contending. And, if we mistake not, truth is of far greater consequence than old-time creeds and dogmas.

MARK TWAIN ON THE WOMAN QUESTION

"MEN ought to begin to feel a sort of respect for their mothers and wives and sisters by this time. The women deserve a change of attitude like that, for they have wrought well. In forty-seven years they have swept an imposingly large number of unfair laws from the statute books of America. In that brief time these serfs have set themselves free,—essentially. Men could not have done so much for themselves in that time without bloodshed, at least they never have.

"The women have accomplished a peaceful revolution and a very beneficent one, and yet that has not convinced the average man that they are intelligent, and have courage and energy and perseverance and fortitude. It takes much to convince the average man of anything, and perhaps nothing can ever make him realize that he is the average woman's inferior, yet in several important details the evidences seem to show that that is what he is. Man has ruled the human race from the beginning, but he should remember that up to the middle of the century it was a dull world, and ignorant and stupid. This is woman's opportunity: she has had none before. I wonder where man will be in another forty-seven years."—*From "Following the Equator."*

The one theme of Ecclesiastes is moderation. Buddha wrote it down that the greatest word in any language is equanimity. William Morris said the finest blessing of life was systematic, useful work. Saint Paul declared the greatest thing in the world was love. Moderation, equanimity, work, and love,—let these be your physician.—*Hubbard.*

"The successful men are they who have worked while their neighbors' minds are vacant or occupied with passing trivialities, who have been acting while others have been wrestling with indecision. They are the men who have tried to read all that has been written about their craft, who have learned from the masters and fellow-craftsmen of experience and profited thereby, who have gone about with their eyes open, noting the good points of other men's work, and considered how they might do it better. Thus they have carried themselves above mediocrity, and, in striving to do things the best they could, have educated themselves in the truest manner."



Breakfast Table for English Style of Service. Meat Course

Seasonable Recipes

By Janet M. Hill

IN all recipes where flour is used, unless otherwise stated, the flour is measured after sifting once. When flour is measured by cups, the cup is filled with a spoon, and a level cupful is meant. A tablespoonful or a teaspoonful of any designated material is a *level* spoonful of such material.

Slices of Sweetbreads, Doria Style

Cut four heart sweetbreads, blanched nicely, in halves, horizontally. Trim all to the same shape and size, and sauté in butter. When nearly done, take out the sweetbreads. Add butter, if needed. Then, when hot, add three tablespoonfuls of flour, half a teaspoonful of salt, and a dash of paprika. Cook until frothy, then add a cup of cream and three-fourths a cup of chicken broth or white stock, and stir until thickened. Have ready three green cucumbers, pared and cut in quarters. Remove the seeds, and cut the quarters in smaller pieces, if needed, trimming off the sharp corners. Cook these until tender in boiling, salted water, then drain, and return with the sweetbreads to the sauce. Add such seasoning as is needed. Fry eight rounds of bread in butter or olive oil. Dispose them on a dish. On each set half a sweetbread and two or three pieces of the cucumber. Pour over the sauce, and garnish with toast points and parsley.

Stuffed Sweetbreads with Peas

Parboil and blanch a pair of sweetbreads. With a sharp knife split each lengthwise, and take out about a teaspoonful of meat from each side, leaving a cavity in the centre. Fill this with a forcemeat, made by chopping the meat extracted with an equal measure of boiled ham, a sautéd mushroom, a slice of green pepper pod, and a sprig

of parsley. Season with a few drops of onion juice. Press the halves, thus stuffed, firmly together, and bind with a strip of cotton. Set these on the rack in a dripping-pan, lay a slice of bacon over each, and put a little stock in the pan. Cover closely, and cook half an hour. Turn the sweetbreads, baste thoroughly, cover, and cook about ten minutes, then baste with butter, dredge with flour, and let brown. Take up the sweetbreads, thicken the broth with flour mixed with cold water, season as needed, and serve in a dish apart. Surround the sweetbreads with peas, buttered and seasoned with paprika, salt, and butter. The sweetbreads may be cooked in a casserole.



Tournedos of Beef, Modern Style

Tournedos of Beef, Modern Style

To serve eight, cut eight slices of uniform thickness from a tenderloin (fillet) of beef. Trim these to rounds of uniform size, and let broil about five minutes, leaving them slightly rare cooked. Have ready as many cooked, small bananas, or halves of bananas, as slices of beef. To prepare the bananas, tear down a strip of skin, then loosen the pulp, remove the coarse threads, and return the pulp to the skin. Set the bananas in a dish in the oven to cook until the skin is blackened and the pulp is soft. Dispose the bananas on the rounds of beef. Pour over a cup and a half of poivrade sauce, to which have been added one-half a cup of cooked sultana raisins and three or four tablespoonfuls, each, of currant jelly and Madeira wine.

Poivrade Sauce

Cut an ounce of fat salt pork or bacon, two slices of onion, and a piece of carrot into tiny bits. Put these into a saucepan with one-fourth a bay leaf, a dozen peppercorns, and a sprig of parsley. Let cook until lightly browned. Then drain off the fat and add one-fourth a cup of vinegar, and let stand until reduced one-half. In the mean while make a cup and a half of brown sauce. Add the vinegar and vegetables, and let boil up once. Then strain over the jelly, wine, and raisins, and use as directed.



Boiled Ham and Spinach Timbales

Hot Boiled Ham, Spinach Timbales

Set the ham to cook in cold water, and heat to the boiling-point. Let boil ten minutes. Then simmer until tender. Serve with spinach timbales

on another plate. A white or light brown sauce, or a Hollandaise sauce, is needed with the timbales.

Spinach Timbales

Chop fine a generous cup of spinach. Then press it through a purée sieve. Melt two tablespoonfuls of butter. Cook in it two tablespoonfuls of flour, a dash of paprika, and one-fourth a teaspoonful of salt. Then add three-fourths a cup of milk, and stir until the mixture boils. Then add the spinach purée, two beaten eggs, and more seasoning, if needed. Mix the whole thoroughly, and cook in timbale moulds, lined with paper and buttered, until the centres are firm.

Club Sandwich

Cut bread in slices three-eighths an inch thick, and cut the slices into triangular pieces, trimming off the crusts. Toast the bread, and let become cold. Spread with butter or mayonnaise dressing. Lay a thin slice of cold roast chicken above the bread, above this a slice of broiled bacon, and a lettuce leaf dressed with mayonnaise, and cover with a second piece of toast. Prepare a second sandwich, and finish with other lettuce leaves containing mayonnaise dressing.



Club Sandwich

Breakfast Corn-cake

Cream two-thirds a cup of butter. Beat into it one cup of sugar, the yolks of three eggs, and, alternately, two cups of milk and two cups, each, of corn-meal and white flour, sifted with one level teaspoonful of soda and three level teaspoonfuls of cream of tartar. Lastly, beat in the whites of three eggs, beaten dry.

Potatoes Stewed in Broth

If the potatoes be old, pare them, and let them stand covered with cold water several hours. Then cut them in thin slices. Sprinkle them with salt and pepper, and pour in veal broth to cover



Breakfast Corn Cake

them. Heat quickly to the boiling-point, and cook until tender. When tender, the broth should be nearly all absorbed. To enough potatoes to serve four or five people add one-fourth a cup of butter and one or two teaspoonfuls of fine-chopped parsley, also a little salt, if needed. Turn the potatoes over and over very carefully with two forks, or shake the saucepan gently, to mix the seasoning through the slices of potato. Then serve at once.



Potato and Cheese Mould



Canned String Beans

Potato-and-Cheese Mould

Cut the pared potatoes in thin slices, and with them line a well-buttered charlotte or timbale mould, letting one slice overlap another. As the mould is lined, fill it with the sliced potato, sprinkling the potatoes occasionally with salt, pepper, and cheese, sliced very thin. When the mould is filled with these ingredients, turn in as much milk as the mould will hold. Let bake about one hour and a half, or until the potato is tender. Separate the potato from the mould near the top, and invert on a serving-dish. If any of the potato adheres to the mould, remove it carefully and set in place. Serve with or without meat or fish at luncheon or dinner.

Potatoes Cooked in Milk

Cut cold, cooked potatoes in thin slices. For a pint of slices melt three or four tablespoonfuls of butter. Turn in the potatoes, and add half a teaspoonful of salt. Then turn the potatoes over and over until the butter is absorbed. Now pour in about three-fourths a cup of milk, cover, and let cook six or eight minutes. Stir carefully, to avoid breaking the potato. Then serve in a hot dish.

Fried Potatoes, German Fashion

Cut cold, boiled potatoes in slices a generous fourth of an inch in thickness. Heat a little dripping, salt pork, or bacon fat, or butter, in a frying-pan. Season the potatoes lightly with salt. Then put enough slices in the pan to cover the bottom. Let cook until they are well browned on one side. Then turn them to brown the other side. Serve in a hot dish, sprinkled with chopped parsley.

Canned String Beans

As vegetables mature, the sugar in composition becomes changed to starch.

It is almost impossible, without the aid of preservatives, to put up or can mature vegetables; but, with proper care, young green vegetables may be canned without preservatives. To insure tenderness, can only such vegetables as are known to be fresh-gathered. On no account use such as have stood much longer than an hour. When possible, use a "canner," as it simplifies the process. Wash young and tender string beans, and remove the ends and strings. Keep green beans, about two inches in length, whole. Cut butter beans into two or three pieces, each. Pack in glass cans, and set on a folded cloth, on a rack, in a steam kettle or canner, in which there is boiling water nearly to the height of the rack. Dissolve a tablespoonful of salt in four quarts of boiling water, and pour the water slowly over the beans in the jars, filling each to overflow. Put the rubbers and lids in the kettle to be sterilized (*not on* the jars). Cover and cook from one hour to one hour and a quarter. Then adjust the covers, and cook fifteen minutes longer. Tighten the covers, when the jars are cold.

Pepper Salad (for Dinner with Roasts)

Plunge three sweet, green peppers and one red pepper in boiling water. Remove at once, and rub off the outer skin. Then let become chill and crisp. Cut out a piece around the stems, and take out the seeds and veins. Then cut the peppers round and round in narrow rings. Cut half a mild, tender onion into very thin slices, and separate these into rings. Sprinkle the whole with salt and pepper. Then mix, and crush in oil enough to make the whole glisten. Lastly, add one-fourth as much vinegar as of oil used, and mix again. Serve on heart leaves of lettuce.

Asparagus Salad

Dispose a bunch of cold, cooked asparagus on a bed of lettuce. Over it set a band of slices of hard-cooked egg, from which the yolk has been taken, to form rings. Fill the open spaces in the rings with mayonnaise or other dressing, and set a figure, cut from a slice of truffle, in the centre of each ring. Serve with more dressing in a bowl.

Tomato Salad

Peel the tomatoes, cover closely, and set aside in a cool place to become chilled. For the dressing beat the yolk of an egg, add one-fourth a teaspoonful, each, of salt and paprika, then two tablespoonfuls of vinegar; and, when well mixed, beat in one cup of olive oil, a teaspoonful or more at a time. Use a Dover egg-beater. When ready to set aside, beat in one or two truffles, chopped fine. This quantity of dressing will serve twelve. In purchasing truffles, those brushed rather than peeled cost less, and are just as good in quality as those that have been peeled.



Asparagus Salad

Vegetable Macedoine Mousse

Soften one-fourth a package of gelatine in one-fourth a cup of cold water,

and dissolve in one cup of hot chicken broth, flavored with onion, carrot, celery, and sweet herbs. Have ready, cooked separately, enough bits of celery, carrot, and string beans, with peas, asparagus tips, and bits of truffle, to make a cup and a half. Over these strain the gelatine and broth. Add salt and pepper as needed, and set the dish in ice water. Stir until the mixture begins to thicken. Then fold in half a cup of double cream, beaten solid. Have ready individual moulds, in the bottoms of which are peas and figures, cut from slices of truffles, set with a little of the gelatine mixture from the vegetables. Fill the moulds with the prepared mixture, and set aside, to become chilled. Serve with lettuce and French dressing. A single vegetable, as asparagus, may be used in place of the macedoine.

Canning Peas

Select the peas while young and tender. Shell and look them over, wash in cold water, then scald by pouring over boiling water and draining immediately. Pack in glass jars, shaking down well. Fill to the brim with cold water. Adjust the rubbers, and screw on covers loosely. Put a cloth



Vegetable Macedoine Mousse

or plate in a kettle with a flat bottom, to prevent contact, then put in the cans, separating them from each other with a folded cloth. Fill kettle not quite to cover of cans with cold water. Bring to boiling-point, and boil three hours, adding boiling water as that in the kettle evaporates. The kettle should be covered from the first. At the end of three hours screw down covers tightly, and, as they cool, give the covers an occasional turn. Put in a dark place. Peas canned in this manner will have the same fresh, sweet flavor as when gathered from the vines. You cannot purchase anything equal to these in the store. Have jars and covers thoroughly scalded, to sterilize. Pack and cover one at a time. Asparagus is canned in the same way as peas.

Banana-and-Nut Salad (for Luncheon or Supper)

Boil half a cup, each, of sugar and water five or six minutes. Then add the juice of half a lemon, and boil two or three minutes. Select small, ripe bananas. Peel them, remove the coarse threads, and, if too large for a single service, cut them in halves, crosswise. Roll the bananas in the cold syrup, and then in chopped nuts, covering them completely with the syrup and the nuts. Any kind of nuts or a mixture of nuts may be used. English walnuts or pecan nuts are good. Dispose the bananas on heart leaves of lettuce. Put a little dressing on each, and sprinkle the dressing with bits of candied cherries.

Dressing for Banana-and-Nut Salad

Put three tablespoonfuls of butter, the beaten yolks of four eggs, one-fourth a teaspoonful of salt, a dash of paprika, and about a tablespoonful of lemon juice in a small saucepan. Set the dish over hot water, and stir vigorously until the mixture thickens. When

cold and ready to serve, beat the dressing into one-third a cup of double cream, beaten solid.



Banana and Nut Salad

Rice Timbale with Preserved Raspberries

Put one cup of rice and a quart of cold water over the fire, and bring quickly to the boiling-point. Let boil five minutes. Then drain, and rinse in cold water. To the blanched rice add a quart of milk and a teaspoonful of salt, and let cook until the rice is tender, adding more milk, if needed. Then add the grated rind of an orange or a teaspoonful of vanilla extract, and one-fourth a cup, each, of butter, sugar, and cream. When thoroughly mixed, beat in the whites of two eggs, beaten dry, and turn into a timbale mould, thoroughly buttered and dredged with sugar. Press the rice into the mould, to fill it closely. Then set, on several folds of paper in a pan of hot water, into the oven for about ten minutes. Let stand to cool and settle a moment. Then turn onto a serving-dish. Pour over the rice a pint of preserved raspberries or strawberries, and serve at once.

Bread Pudding, Viennoise

Beat three eggs. Add half a cup of sugar, cooked to caramel, dissolved in half a cup of water and boiled to a thick syrup, half a cup of sugar, half a teaspoonful of salt, half a teaspoonful of cinnamon, and three cups of milk. Pour this over two cups of grated bread crumbs (do not measure the crumbs too lightly) and one cup of dried currants. Mix thoroughly, and turn into buttered and sugared moulds. Let cook in a dish of water as a custard. Serve hot, turned from the moulds, with Sabayon, hard, or foamy sauce.



Bread Pudding, Viennoise, Hard Sauce

Sabayon Sauce

Beat one whole egg and two yolks until well mixed. Then gradually beat in half a cup of sugar. Set into a dish of hot water, and beat while half a cup of sherry wine is added. Continue beating until the sauce thickens slightly. Add a teaspoonful of lemon juice, and turn into a cold dish, to arrest the cook-

ing. If cooked too long, the sauce will curdle.

Brandy Sauce

Pass through a sieve, together, three or four times, one cup of sugar and three level tablespoonfuls of corn-starch or flour. Pour over one pint of boiling water, stir and cook until the mixture is smooth and boiling, then let simmer ten minutes. When ready to serve, beat in three or four tablespoonfuls of butter, a little at a time, and brandy to taste.

Grape Juice Sauce

Prepare as above, using grape juice instead of the water. Omit the brandy, and add a tablespoonful of lemon juice.

cover securely, and let stand about two hours, packed in equal measures of crushed ice and salt. Decorate, when unmoulded, with orange carpels, from which the skin has been taken. This dish is particularly good when made with strawberries.

Stewed Lettuce

Remove the outer, imperfect leaves, and cut off the roots from one or more heads of lettuce, then wash carefully without disturbing the shape of the heads. Tie each head with a strip of cotton, that it may not fall apart in cooking. Cover with boiling water, and let simmer until nearly tender (about an hour). Drain carefully, remove the cloth, and set in a saucepan.



Florentine Charlotte Glacé

Florentine Charlotte Glacé

Boil one cup of sugar and two cups of water to 28° on the syrup gauge (this will take about ten minutes). Add a teaspoonful of gelatine softened in cold water to cover, the juice of one lemon, and enough orange juice to reduce the syrup to 20° on the gauge (about three-fourths a cup of juice will be needed, and about four oranges of large size will supply this quantity of juice). Freeze the mixture. Then fold into it three-fourths a cup of double cream and one-fourth a cup (scant measure) of sugar, beaten solid. Turn into a mould lined with lady fingers,

Pour over about a cup of broth for each head of lettuce, add salt and pepper, and let simmer gently about twenty minutes. To serve, pour the broth over the lettuce. The broth may be thickened with flour and egg yolks, one or both, before serving.

Milk Soup (for Children and Invalids)

Let a quart of milk and from half to a full cup of chopped vegetables—celery, onion, carrot, and parsley—stand in a double boiler over hot water about twenty minutes. Strain, season with salt, and serve with pulled bread.

MENUS FOR EVERY DAY IN THE MONTH



TUESDAY, MAY 1

Breakfast

Oranges.
Malt Breakfast Food.
Broiled Ham. Scrambled Eggs.
Potatoes Cooked in Milk.
Dry Toast.
Coffee.

Luncheon

Cream-of-Canned Corn Soup.
Strawberry Shortcake.
Tea.

Dinner

Boiled Rock Fish, Egg Sauce.
Boiled Potatoes. Asparagus.
Mayonnaise of Lettuce and Tomatoes.
Bread Pudding, Viennoise,
Frothy Sauce.
After Dinner Coffee.

WEDNESDAY, MAY 2

Breakfast

Strawberries.
Gluten Grits, Cream.
Asparagus Omelet.
Parker House Rolls.
Coffee.

Luncheon

Creamed Rock Fish au Gratin.
Scalloped Potatoes. Pickles.
Rhubarb Pie.
Cereal Coffee

Dinner

Boned Leg of Lamb, Stuffed and
Roasted, Mint Sauce.
Scalloped Potatoes.
Asparagus, Drawn Butter Sauce.
Lettuce. Cheese. Toasted Crackers.
Tapioca Custard Pudding,
Vanilla Sauce.
After Dinner Coffee.

THURSDAY, MAY 3

Breakfast

Sliced Pineapple.
Shredded Wheat Biscuit, Cream.
Broiled Honeycomb Tripe.
Potatoes Maitre d'Hôtel.
Southern Beaten Biscuit.
Cereal Coffee. Cocoa.

Luncheon

Lamb Rechauffée, Creole Style.
New Graham Bread and Butter.
Strawberries.
Tea.

Dinner

Tomato Soup with Vermicelli.
Broiled Beef Tenderloin with Bananas.
Poivrade Sauce with Jelly, etc.
Asparagus, French Dressing.
Lemon Pie. Water Crackers. Cheese.
After Dinner Coffee.

FRIDAY, MAY 4

Breakfast

Strawberries.
Barley Crystals, Cream.
Egg Timbales, Tomato Sauce.
Salad Rolls.
Coffee. Cocoa.

Luncheon

Bread-Cheese-and-Pecan Nut
Sandwiches.
Lettuce, French Dressing.
Sponge Jelly Roll. Tea.

Dinner

Chicken Soup with Rice.
Bluefish, Stuffed and Baked.
Mashed Potatoes.
Baked Beets, Sliced and Buttered.
Cucumbers, French Dressing.
Pineapple Sherbet.
Black Coffee.

SATURDAY, MAY 5

Breakfast

Stewed Prunes.
Toasted Wheat, Cream.
Broiled Calves' Liver, Bacon Rolls.
French Fried Potatoes.
Breakfast Corn-cake.
Cereal Coffee.

Luncheon

Bluefish Salad.
Hot Lady Finger Rolls.
Strawberries and Pickled Pineapple,
Sugared.
Coffee.

Dinner

Baked Beans and Pork, New York Style.
Beet Greens.
Rice Timbale with Preserved Fruit.
After Dinner Coffee.

SUNDAY, MAY 6

Breakfast

Boiled Rice, Dried Peaches, Stewed,
Cream.
Brook Trout or Pan Fish, Fried.
Waffles, Maple Syrup.
Coffee.

Dinner

Emergency Soup (Vegetable).
Fillet of Veal, Roasted,
Bread Dressing.
Mashed Potatoes.
Asparagus, Hollandaise Sauce.
Radishes, French Dressing.
Florentine Charlotte Glacé
(Strawberry).
Waldorf Triangles.
Black Coffee.

MONDAY, MAY 7

Breakfast

Sliced Oranges.
Grape-nuts, Cream.
Hashed Veal with Asparagus on Toast,
Poached Eggs above.
Rye-meal Muffins. Cereal Coffee.

Luncheon

Lima Bean Salad.
Bread and Butter. Stewed Rhubarb.
Sponge Cake. Tea.

Dinner

Cream-of Spinach Soup.
Sweetbreads, Doria Style.
Yolks of Egg Moulded in Aspic Jelly.
Lettuce, Mayonnaise Dressing.
Strawberry Ice-cream.
Cake. Nuts. Coffee.

Supper

Cold Boiled Tongue.
Asparagus Tips (as Peas).
Toasted Yeast Rolls. Tea.

TUESDAY, MAY 8

Breakfast

Strawberries.
Boiled Salt Mackerel, Egg Sauce.
Boiled Potatoes.
Parker House Rolls.
Coffee.

Luncheon

Spring Vegetable Soup.
Southern Beaten Biscuit.
Asparagus, French Dressing.
Edam Cheese. Water Crackers.

Dinner

Roast Loin of Mutton.
Franconia Potatoes.
Baked Bananas,
Currant Jelly Sauce.
New Carrots with Peas.
Cream Cakes, Whipped Cream Filling.
Strawberries.
Coffee.

WEDNESDAY, MAY 9

Breakfast

Pineapple, Sliced Lengthwise.
Grape-nuts.
Cold Roast Mutton.
Potatoes Stewed in Broth.
Cream Toast.
Cereal Coffee.

Luncheon

Vegetable Macedoine Mousse.
Lettuce, French Dressing.
Rhubarb Pie.
Tea.

Dinner

Broiled Hamburg Steak.
Mashed Potatoes.
Candied Sweet Potatoes.
Pepper or Mexican Salad.
Strawberries. Cream.
Sponge Cake.
Coffee.

THURSDAY, MAY 10

Breakfast

Boiled Rice. Broiled Ham.
Tomato Omelet.
Dry Toast. Rhubarb Marmalade.
Cocoa. Coffee.

Luncheon

Lamb Rechaufée, Creole Style.
Boiled Rice. Banana-and-Nut Salad.
Tea.

Dinner

Veal Cutlets (Floured and Cooked in Bacon Fat), Brown Sauce.
Bermuda Potatoes.
Asparagus Baked with Cheese.
Lettuce, French Dressing.
Tapioca Custard in Glasses.
Black Coffee.

FRIDAY, MAY 11

Breakfast

Strawberries, Shredded Wheat Biscuit, Cream.
Beauregard Eggs. Cocoa. Coffee.

Luncheon

Sweetbread-and-Cucumber Salad.
Salad Rolls.
Rhubarb Baked with Sultana Raisins.
Water Crackers. Cheese. Tea.

Dinner

Fresh Mackerel, Baked Essex Style.
Mashed Potatoes.
Asparagus, Hollandaise Sauce.
Cabbage and Pecan Nuts, French Dressing.
Rhubarb Fanchonettes with Meringue.
Black Coffee.

SATURDAY, MAY 12

Breakfast

Oatmeal, Milk. Bananas.
Creamed Dried Beef.
Baked Potatoes.
Southern Beaten Biscuit.
Cocoa. Coffee.

Luncheon

Purée of Lentils and Tomatoes.
Pulled Bread.
Chocolate Eclairs.
Tea.

Dinner

Leg of Lamb Cooked as Pot Roast.
Boiled Potatoes. Spinach with Egg.
Boiled Rice, Chocolate Sauce.
Radishes. Cheese. Browned Crackers.
Black Coffee.

SUNDAY, MAY 13

Breakfast

Strawberries.
Malt Breakfast Food, Cream.
Scrambled Eggs.
Zwieback. Cocoa. Coffee.

Dinner

Cream-of-Asparagus Soup.
Cold Roast Mutton, Hot Mint Sauce.
Banana Croquettes, Currant Jelly Sauce.
Delmonico Potatoes.
Lettuce-and-Green Pepper Salad.
Little Sponge Cakes Filled with Strawberries, Whipped Cream Decoration.
Black Coffee.

Supper

Sweetbreads, Newburgh Style (Chafing-dish).
Lady Finger Rolls, Toasted.
Hot Tea. Crystalized Ginger.

MONDAY, MAY 14

Breakfast

Dried Apricots, Stewed.
Shredded Wheat Biscuit, Cream.
Mutton, Potato, and Pepper Hash.
Dry Toast.
Cocoa. Cereal Coffee.

Luncheon

Clam Chowder. Cabbage Salad.
Bread and Butter.
Floating Island
(Cake, Custard, and Snow Eggs).

Dinner

Early Spring Soup.
Lamb Croquettes. Peas.
Scalloped Bananas.
Lettuce, French Dressing.
Strawberry Shortcake.
Black Coffee.

TUESDAY, MAY 15

Breakfast

Pineapple.
Gluten Grits, Cream.
Broiled Bacon. Shirred, Eggs.
Doughnuts. Cocoa. Coffee.

Luncheon

Lettuce-and-Lima Bean Salad.
Graham Bread and Butter.
Delicate Indian Pudding, Cream.
Tea.

Dinner

Cream-of-Spinach Soup.
Broiled Bluefish.
Saratoga Potatoes.
Stewed Cucumbers, Bechamel Sauce.
Mexican Salad.
Rhubarb Pie.
Black Coffee.

WEDNESDAY, MAY 16

Breakfast

Strawberries.
Barley Crystals, Cream.
Curried Tripe.
Fried Rice. Maple Syrup.
Cocoa. Cereal Coffee.

Luncheon

Boston Brown Bread Toasted, with Cheese in Cream Sauce.
Prunes Stewed in Sherry Wine, Cream.
Coffee.

Dinner

Broiled Beef Tenderloin.
Boiled Asparagus, Bernaise Sauce.
Mashed Potatoes.
Mexican Salad.
Strawberry Parfait in Glasses.
Macaroons. After Dinner Coffee.

THURSDAY, MAY 17

Breakfast

Seedless Figs, Stewed.
Malt Breakfast Food, Cream.
Eggs au Mirroir in Ramekins.
Breakfast Corn-cake.
Cereal Coffee.

Dinner

Hot Corned Beef. Boiled Potatoes.
Beet Greens. New Carrots, Buttered.
Bread Pudding, Viennoise, Frothy Sauce.
Black Coffee.

Supper

Hot Savory Rice.
Hot Bacon Sandwiches.
Cookies. Stuffed Prunes.
Cocoa. Tea.

FRIDAY, MAY 18

Breakfast

Oranges. Barley Crystals, Cream.
Broiled Sardines on Toast.
Maitre d'Hôtel Butter.
French Fried Potatoes. Coffee.

Luncheon

Corned Beef Hash.
French Mustard. Melon Mangoes.
Baking-powder Biscuit.
Strawberries.

Dinner

Corned Beef Soup with Spring Vegetables.
Fresh Cod, Boiled, Egg Sauce.
Boiled Potatoes. String Beans.
Lettuce, French Dressing with Onion Juice.
Boiled Custard in Cups.
White Cake. Pineapple Icing.
Black Coffee.

SATURDAY, MAY 19

Breakfast

Oatmeal, Sliced Bananas, Cream or Milk.
Creamed Corned Beef.
Baked Potatoes. Radishes.
Zwieback. Cereal Coffee.

Luncheon

Cream-of-Canned Corn Soup.
Southern Beaten Biscuit.
Scalloped Rhubarb,
Hard Sauce. Tea.

Dinner

Canned Soup. Hot Pulled Bread.
Breaded Sweetbreads,
Fried Bacon Rolls.
Lettuce and Cold Asparagus, French Dressing.
Cheese. Deviled Crackers.
Canned Pears. Sponge Cake.
Black Coffee.

SUNDAY, MAY 20

Breakfast

Strawberries. Barley Crystals.
Salt Codfish Balls *en Surprise*.
Tomato Ketchup.
Rice Griddle-cakes.
Cocoa. Cereal Coffee.

Dinner

Fowl, Steamed and Baked.
Steamed Rice with Parsley.
Sweet Potatoes, Southern Style.
Mayonnaise of Lettuce and Tomatoes.
Strawberry Sherbet.
Little Cakes.
Black Coffee.

Supper

Glazed Buns.
Cocoa.
Stuffed Raisins.

MONDAY, MAY 21

Breakfast

Gluten Grits, Cream.
Hashed Chicken on Toast.
Scrambled Eggs.
Dry Toast. Rhubarb-Orange Marmalade.
Cereal Coffee.

Luncheon

Chicken Soup.
Mayonnaise of Lettuce and Eggs.
Graham Bread and Butter.
Strawberries. Tea.

Dinner

Hot Boiled Ham. Spinach Greens.
Potatoes Stewed in Broth.
Tapioca Custard Pudding, Vanilla Sauce.
Black Coffee.

Menus for Every Day in the Month—*Continued*

TUESDAY, MAY 22

Breakfast

Toasted Wheat, Stewed Prunes, Cream.
Ham Omelet. White Hashed Potatoes.
Griddle-cakes.
Cocoa. Coffee.

Luncheon

Club Sandwiches.
Coffee.
Rhubarb Pie. Stuffed Prunes.

Dinner

Breaded Lamb Chops, Tomato Sauce.
French Fried Potatoes.
Asparagus as Peas.
Cold Spinach, French Dressing.
Custard Soufflé,
Sabayon or Foamy Sauce.
Black Coffee.

WEDNESDAY, MAY 23

Breakfast

Strawberries, Grape-nuts, Cream.
Cold Boiled Ham, Sliced Thin.
French Mustard.
Potatoes Hashed in Milk.
Parker House Rolls.
Cereal Coffee. Cocoa.

Luncheon

Fresh or Salt Fish Chowder. Pickles.
Coffee Jelly, Whipped Cream.

Dinner

Tomato Bouillon.
Sirloin Roast of Beef, Brown Sauce.
Franconia Potatoes.
New Turnips. Romaine Salad.
Rice Timbales with Preserved Berries.
Black Coffee.

THURSDAY, MAY 24

Breakfast

Pineapple.
Toasted Wheat, Cream.
Ham Timbales, White Sauce.
Yeast Rolls.
Cocoa. Cereal Coffee.

Dinner

Beef Broth with Macaroni Rings.
Cold Sirloin Roast, Sliced Thin.
Candied Sweet Potatoes.
New Onions, Boiled.
Baked Rice Pudding with Raisins.
Black Coffee.

Supper

Macaroni au Gratin.
Lettuce, French Dressing.
Rolls. Strawberries.

FRIDAY, MAY 25

Breakfast

Malt Breakfast Food. Pineapple.
Creamed Salt Codfish.
Baked Potatoes. Cucumbers.
Southern Beaten Biscuit.
Cocoa. Cereal Coffee.

Luncheon

Succotash (Dried Beans, Canned Corn).
Rye Bread and Butter.
Salpicon of Pineapple and Strawberries.
Oatmeal Macaroons. Tea.

Dinner

Cream-of-Potato Soup.
Fillets of Haddock Baked,
Bread Dressing.
Peas. Lettuce.
Strawberry Ice-cream. Black Coffee.

SATURDAY, MAY 26

Breakfast

Sliced Bananas, Grape-nuts, Cream.
Haddock Fish Cakes.
Scrambled Eggs.
Graham Muffins.
Coffee.

Luncheon

Boiled Tongue, Sliced Thin.
Stewed Lima Beans.
Baking-powder Biscuit.
Baked Rhubarb. Cereal Coffee.

Dinner

Breast of Lamb, Braised.
New Turnips.
Baked Bananas, Sultana Sauce.
Cabbage Salad.
Preserved Quinces, Cream.
Black Coffee.

SUNDAY, MAY 27

Breakfast

Shredded Wheat Biscuit, Cream.
Salt Codfish Balls *en Surprise.*
Southern Beaten Biscuit.
Grape-fruit Marmalade.
Coffee.

Dinner

Clam Broth.
Roasted Capon. Mashed Potatoes.
Pineapple Fritters, Wine Sauce.
Asparagus. Hollandaise Sauce.
Lettuce-and-Peppergrass Salad.
Strawberry Sherbet in Cup,
Whipped Cream Decoration.
After Dinner Coffee.

Supper

Bread-Date-and Nut Sandwiches.
Cocoa.

MONDAY, MAY 28

Breakfast

Pineapple, Sliced Lengthwise.
German Fried Potatoes. Frizzled Beef.
Radishes. Baking-powder Biscuit.
Cereal Coffee.

Luncheon

Radish, Cucumber-and-Chicken Salad.
Cold Baking-powder Biscuit, Toasted.
Rice Pudding with Preserves or
Canned Berries.
Tea.

Dinner

Consommé.
Broiled Lamb Chops. Baked Potatoes.
Asparagus as Peas.
Lettuce. Browned Crackers. Cheese.
Strawberries, Sugar, Cream.
After Dinner Coffee.

TUESDAY, MAY 29

Breakfast

Sliced Bananas. Baked Oatmeal, Cream.
Tongue-and-Potato Hash,
Eggs Mollet.
Dry Toast.
Cereal Coffee.

Luncheon

Lettuce, Prune-and-Pecan Nut Salad.
Bread and Butter.
Caramel Custard Pie.
Tea.

Dinner

Chopped-Veal Cutlets,
Asparagus on Toast,
Bechamel Sauce.
Fresh Tomato or Tomato Jelly Salad.
Individual Strawberry Shortcakes.
Black Coffee.

WEDNESDAY, MAY 30

Breakfast

Sugared Pineapple.
Malt Breakfast Food, Cream.
Sausages. Mashed Potatoes. Radishes.
English Muffins, Toasted. Cereal Coffee.

Luncheon

Cress, Potato-and-Pecan Nut Salad.
Brown Bread and Butter.
Baked Tapioca and Peach Pudding.
Coffee or Cocoa.

Dinner

Emergency Soup.
Croquettes (Sweetbreads, Brains, and
Tongue of Calf).
Asparagus on Toast, Bechamel Sauce.
Spinach and Egg Salad.
Strawberry Sherbet, Whipped Cream.
Browned Crackers. Edam Cheese.
Black Coffee.

THURSDAY, MAY 31

Breakfast

Barley Crystals. Stewed Prunes.
Eggs in Ramekins. Bacon.
Breakfast Corn-cake.
Cocoa. Cereal Coffee.

Dinner

Veal Broth with Vermicelli.
Broiled Fillet of Beef with Baked
Bananas, Bernaise Sauce.
String Beans. Buttered Beets.
Mock Indian Pudding.
Black Coffee.

Supper

Welsh Rabbit with Poached Eggs.
Canned Fruit.
Bread and Butter.
Tea.

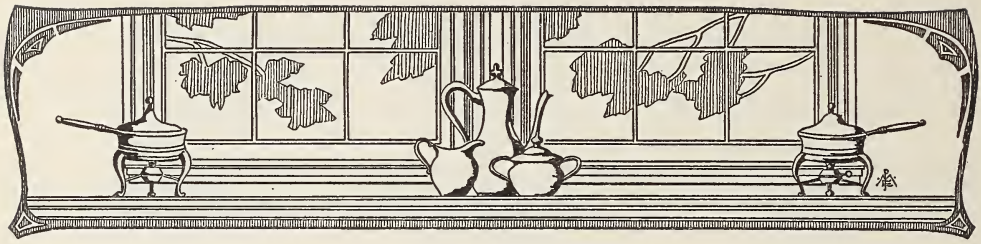
MENUS FOR A MAY BREAKFAST

I.

Strawberry and Pineapple Cocktail.
Clam Croquettes or Fried Brook Trout, Sauce Tartare.
Lamb Chops, Luncheon Style. Saratoga Potatoes. Peas.
Asparagus Salad, with Truffles.
Browned Crackers. Edam Cheese.
Angel Parfait and Mushroom Meringues in Spun Sugar Nest.
Coffee.

II.

Strawberries, French Fashion.
Baked Fillets of Salmon, Shrimp Sauce.
Cucumbers, French Dressing.
Stuffed Mushroom Caps on Toast.
Supreme of Chicken, Truffled, Bechamel Sauce.
Cress Salad. Salad Rolls.
Pineapple Omelet. Lemon Bomb Glacé.
Coffee.



After Breakfast Chat

By Janet M. Hill

"Monotony should be avoided, and more effort should be made to give variety to the food provided at different meals."—I. Burney Yeo.

At the last meeting of the Academy of Medicine at Paris, France, Dr. Landouzy called upon family physicians to do all in their power to "induce" the women in families to which they are called "to take an interest in cooking." Among other thing Dr. Landouzy said:—

"Much of the general ill-health of the poor comes from improper nourishment; and it is not always because the quality of the food is poor, but also, at least in 50 per cent. of the cases, because it is still worse prepared. It is the duty of mothers of all classes to supervise the nourishment of their young."

If French women need be "induced to take an interest in cooking," what would Dr. Landouzy think of the average American woman? Too many of our countrywomen still consider attention to cooking as time thrown away, or even worse. One woman recently approached on the subject said "she had no time to pamper the appetites of her family."

The French as a nation understand the relation between wholesome food and a healthy population, and, better still, they not only understand this relation, but they make a practical application of it in daily affairs. This is evidenced in one instance in the French law that makes the giving of solid food to a child of less than one year old a penal offence.

We believe in the use of natural food products. Nuts, many fruits, and a few vegetables are wholesome just as Mother Nature gives them to us. But yet, at the same time, the processes of cookery are the result of natural evolution that have been worked out with care and have received the fiat of years of experience and endeavor.

Cooking consists of various processes by which natural food products are brought into a condition that renders them better adapted to the purposes of nutrition. Sometimes these food products are made more digestible—that is, soluble and diffusible—directly, as when starch is changed to dextrine in the crust of the small, well-baked loaf of bread, or starch to sweet substances in the baked apple or banana, or when tough and fibrous substances are made tender, as in the rapid cooking of vegetables, as beets, and the long, slow cooking of tough meat. Other changes are brought about indirectly, and these must not be lost sight of, as when pleasing flavors are developed, or a dish is made to look attractive, either of which may excite the flow of the digestive fluids. Then, too, heat sterilizes food, and thus destroys any germs present that may be inimical to health.

Heat and moisture, particularly the former, affect the component parts in food products differently. Starch needs a high degree of heat, while the solu-

bility, hence digestibility, of albumin is diminished, if it be subjected to a high temperature. Hence training, judgment, and skill are needed by one who is to carry on the processes of cooking successfully. Dr. Landouzy is right: "It *is* the duty of mothers of all classes to supervise the nourishment of their young."

The true aim of all serious publications devoted to cookery is to promote a better understanding of the relations between food and health. There are many phases of this subject, and an attempt is made to present each, that a broad outlook of the art may be received; but, as in all other matters, each individual sees mentally only that phase of the subject which appeals to her own personality.

Proper food combinations is always a puzzling question, even to those giving the matter much attention. The principle involved in this problem depends upon the composition of food products and the digestive processes. Much also depends upon the age of the individual. In childhood right habits of digestion may be cultivated, at least to some extent; but, when one is older, organs that have refused for years to digest starch or fat cannot be forced to perform this duty.

In health the sight of food should cause the flow of the fluids that digest it, but often by bad combinations we divert the fluids from their legitimate purpose. Starch is digested in the mouth in an alkaline or slightly acid medium. Cold hinders the flow of the saliva. The thoughtful eater need not be told that iced drinks are not to be taken into the mouth during the mastication of bread or other starchy food, even if they be tolerated when meat is undergoing minute division and insalivation. Nor is it necessary to adjure such an one to avoid masticating bread, cereals, and other starchy foods with acid fruits, pickles and the like. This does not preclude the eating of strawberries, pineapples, peaches, or cooked apples at the same meal with bread and cereals. Simply put off eating the acid fruit until the ptyalin of the saliva has prepared the starch for the stomach. The stomach fluids are acids, and, when these have once permeated the food, digestion for the time being ceases. All proteid foods, eggs, meat, fish, cheese, etc., are digested in the presence of acids, and with these acids may be eaten. This combination, also is advisable, for many of these dishes are rich and oily, and the acid tends to separate or divide the tiny droplets of fat, which, when emulsified and divided sufficiently, enter at once into the circulation.

Often cheese may be assimilated, if it be taken in a dish or meal in which milk is introduced. The potash salts in the milk, wanting in the cheese, may help soften and break up the concentrated compounds in the cheese, and thus put it into a condition to be acted upon by the gastric and intestinal juices. But, while this combination may serve for the assimilation of cheese, it is not one to be unreservedly commended. Milk is a food in itself, and cheese is a very concentrated form of milk, and, if the two be combined in a meal, the portion ingested of each should be small. We see no reason why, in a dinner at which meat is served, a glass of milk should be called for. If, however, the supply of meat be limited somewhat, an active growing boy might assimilate both the meat and the milk.

Tea and toast is a better combination than tea and fresh bread; but neither can be called a hygienic combination. Tea, even when properly made, contains considerable tannin. This exerts a retarding influence on salivary digestion, and puts it in a class by itself. The good influence of a properly made cup of tea is not to be decried, but its proper place is at five o'clock, and by itself.

The Garden and What to Plant First

By C. B. Smith

WITH the coming of April and May and the smell of earth springs the ever-recurring desire to dig in the earth and plant seeds. The original man was a gardener, and every man and woman since Adam has an inherited instinct to dig and delve in the earth. This instinct is strongest in spring. It manifests itself in spading up the ground and in sowing seeds. Later, when the weather is hot and the rains fall, and the ground bakes and plants falter in their growth and weeds spring up, often our spring enthusiasm for gardening gradually oozes, and the delicious vegetables we dreamed of gathering from our garden actually dwindle down to a small mess of peas, a few radishes and lettuce, such as it is, with a promise, perhaps, of beet greens by and by.

Now the chief fault in all this is in not using enough manure, first, and, second, in not hoeing the ground enough. With these two factors attended to, it is possible to grow vegetables that will delight the heart every time you walk into the garden from May, when radishes appear, to November, when celery and roots are stored away in the cellar. Vegetables, which you are proud to point to at the table as from your own garden, are worth growing. They afford satisfaction at every mealtime.

There is a difference in vegetables. Some are just vegetables, others have qualities that make sure that you are eating what you expected to from the name. It is the aim of this article to tell how to prepare a garden, what vegetables to plant first, and what varieties to plant for the best table quality.

To begin, cover the ground 3 to 4 inches deep all over with good, well-rotted barn-yard manure. It does not make much difference what kind of soil the garden has, provided it be heavily manured. But on a sandy soil vegetables will mature earlier, and such soil is easier to till. This dressing will cost $1.50 to $2.00 for a two-horse wagon load delivered. Use it freely. It is the life of the garden. Put it on early in the season, and spade or plough it all under. After this, go over the garden either with a hoe or a harrow and work it down, breaking up all the lumps and throwing off stones, clods, and other débris.

The ground is now ready to lay out into straight rows clear across the garden and to plant. The old way of little beds, crosswise and otherwise, in the garden is more fussy and requires more work to tend than do straight rows. When you have finished planting the garden, all the rows should be practically level with the surface everywhere. It may be desirable to dig little trenches here and there, according to the lay of the land, to prevent water from flooding the garden, when heavy rains fall.

The first vegetables to plant are those that will withstand frost best. Frost kills cucumbers and beans, but it seldom injures radishes, lettuce, beets, peas, onions, carrots, salsify, parsnips, or celeriac. All of these may be planted as soon as settled weather comes in the spring, which in the vicinity of New York will be the last week in April or the first week in May.

Plant peas, in rows, 3½ to 4 inches deep. Make 2 rows 6 inches apart, then leave a space of 2½ feet, and make 2 more rows 6 inches apart. Sow the seeds plentifully, putting in 15 to 18 seeds every foot. Cover about 3½ inches deep. Pack the row down firmly with the hoe, and then sprinkle

a little loose dirt on top, or run the rake lightly over the row, to loosen up the top dirt. This prevents the soil from drying out rapidly in case of drought. When the peas are 4 inches high, either put up a wire trellis between the narrow rows or stick in a row of small brush, leaving all the limbs on. Brush is just as satisfactory as trellis, and cheaper. By planting the peas in 2 rows close together, one row of brush serves for the training of the 2 rows of peas.

The best quality of peas all have wrinkled seeds. These wrinkled peas are a little later to mature than the smooth or round seeded peas, but it pays to wait for them a week longer. Gradus is one of the best varieties of table pea grown, and Nott Excelsior is a close second.

The radish is the first crop in the garden to reach an edible size. With good weather some of the small round varieties will be ready for the table within four weeks from the time of planting. French Breakfast is a handsome, early, olive-shaped, scarlet variety, tipped with white, and of excellent quality. Plant the seed in rows 15 inches apart and 1 inch deep, putting the seeds about a half-inch apart in the row. For second early radishes either the long scarlet or white form, or Chartier, may be planted with satisfaction.

Lettuce seed is very small, and should not be covered over ½ inch deep. The rows may be about 15 inches apart. Plant 3 or 4 seeds to the inch. One of the most delicate varieties is Tennis Ball: another is Simpson. Thin out the plants, to stand 3 or 4 inches apart in the row, and begin to use for the table as soon as the leaves are as large as a tablespoon.

Summer beets are delicious both as a vegetable and as greens. Put the seed in a teacup and pour boiling hot water on it, and let soak over night. The next morning plant 1½ to 2 inches deep in rows 18 inches apart, putting the seed ½ inch apart in the row. When the plants are big enough for greens, thin out, leaving them about 4 inches apart. Eclipse and Edmund are splendid early varieties that will give entire satisfaction.

Another vegetable that hardly any one plants and that can seldom be bought in the market is celeriac. This is a kind of celery, which is grown for its large turnip-like root instead of its blanched stalks. The flavor is a combination of celery and vegetable oyster. It is delicious, prepared simply by boiling, slicing, and serving with a little butter, pepper, and salt, or with white sauce, or by pickling in the same manner as table beets.

Celeriac is easily grown, and those who plant it once will never leave it out of the garden thereafter. Start the seeds either in a window box in the kitchen or sow directly out of doors, taking care not to cover the seeds over half an inch deep. The plant grows slowly, and will not be ready for use until fall. In fact, it makes its best growth in the cool weather of fall; but it is well worth waiting for, and will keep, stored in the cellar, all winter. Either Erfurt or Prague are good varieties.

The other vegetables, which should be planted as soon as settled weather comes, are some of the milder-flavored onions, a little parsley, some Irish cobbler potatoes, a package of salsify and of half-long carrots, and one of parsley.

After the vegetables are planted, the next thing is to keep the garden well hoed and raked. Do not hoe the ground over 2 to 3 inches deep, but go over the whole garden once every week and pull out all the weeds in the vegetable rows. Then run over the whole with the iron garden rake, leaving the top soil loose and mellow, and covering up every track made between the rows. With regularity the work of keeping the garden clean and a delight

to look upon is easy and refreshing work. Vegetables thus treated grow in spite of dry weather. They have plant food under them, and mellow fresh soil around them, and all of sunshine above them, and these are the things that count in growing vegetables of quality.

Simplicity in Feeding

By Mrs. Charles Norman

WHO will read the story of Mrs. Smith? She was the mistress of a modest home, where the expense of keeping a cook was not to be incurred. Happily, Mrs. Smith was able and willing to do her own cooking, and the community in which she lived was not outraged that so nice a woman should take such duties upon herself. She was not her own laundress, she was not her own seamstress, but she was her own cook.

Mr. Smith liked eating, and, having had a long experience in restaurants, it seemed to him there was nothing to equal the meals his wife prepared, and his praises were, consequently, unending. Indeed, they quite turned the head of his fair companion. She indulged her fondness for gastronomic studies, though it was not science she sought, it was not widom she wooed. Her purpose was purely the concoction of dishes, the mixing of materials to please her husband's palate. She liked to cook. Her genius lay in that direction, and she had followed Emerson's advice literally: she had forsaken father and mother to follow her genius. She had forsaken father and mother, but not husband. Witness those three good meals a day she spread for him.

The coldest day in January and the h ttest day in June, each had its pies. February puddings were glorious, August puddings were just as steaming, just as rich. Mrs. Smith hailed with joy the yearly appearance of oranges: she needed something new for pies. It was a terrible humiliation for fresh oranges to be subjected to,—as bad as "four-and-twenty blackbirds baked in a pie"; but the cooking had to proceed to the obliteration of the identity of all the berries and small fruits. To have served fresh fruit would have cut out all Mrs. Smith's claim to glory in preparing desserts. Besides, she had acquired the habit of mixing things, of altering natural conditions. She must cook oranges for the same reason that men must cut down century-old trees and make flower-beds in place of them. But I do Mrs. Smith a wrong. Her motives were never bad, and it is asserted that the conversion of natural parks into flower gardens is often carried on by politicians, to gain the votes of laborers.

In the Smith household there was always a hopeless combination of eatableness and intricacy. Salads were not to be thought of, unless the ingredients were disguised and unrecognizable. Cake, also, some kind which Mr. Smith would not be thinking of, and which would surprise him intensely, —cake, and fresh cake, must ever be on hand. Mr. Smith liked hot biscuit, too. Who would not have liked Mrs. Smith's biscuits? They were those small, light, delighting kind, such as Southern people make; and they were always served direct from the oven at intervals of three minutes throughout the meal.

Mr. and Mrs. Smith had two children. The younger, a boy of four, sat by his

father at table and ate as father ate, except that he had a little extra sugar added to all the sweet things. One day the child fell sick, and he did not recover. It was the first sorrow the little family had ever known, and their grief was hard to witness. At length, however, they were calm, and said, "The Lord had taken away." The family physician, who claimed to be a Christian, and who hated such imputations against the Almighty, did not take away their consolation, but he was strongly of the opinion that the Lord had had nothing to do with the case.

The older son, who was eight years of age, appeared to have a fair constitution. He had not for years had much of his mother's company. She had been too busy to walk with him or read with him,—too busy to be a mother; but she kept him neat, sent him to school, and gave him "three good meals a day." At first he stood at the head of his classes, but day after day he lagged further behind. His teacher wondered, but she never thought to inquire what cargo was aboard the child's stomach.

Mrs. Smith herself was quite well except for headaches, which had become persistent. The doctor said, "You must attend to your diet." Mrs. Smith assured him that her stomach was all right. She could "eat anything."

So the cooking and eating went on,—the cooking, eating, and digesting, little more. Mr. Smith was a strong man, but his brain was not so productive of ideas as once on a time. One sad day he, too, fell ill. A fever developed, various complications arose, and the world looked dark for his good wife. The doctor grew bold, and without any show of mercy he said,—

"I tell you, this abominable way of eating would kill any one."

"Why, doctor," remonstrated Mrs. Smith, "Mr. Smith has always had a good stomach."

"He has a very fair stomach," said the doctor, still speaking in thundering tones; "but one thing I know,—he has the worst liver I have ever discovered in a human body. He may get up again, but remember this: if your husband does not have better food, he will have another spell of this sort in a year, and that will end him."

This was certainly a blunt, cruel statement; and poor Mrs. Smith, whose whole life had been given up to feeding her husband, had now to sit down in her room and weep in bitterest anguish. She had not enjoyed cooking lately. She had grown so weary of it. She had cooked till she almost loathed the sight and smell of food, cooked when she feared she would drop to the floor in her unending tour about the kitchen. She had "followed her genius" so blindly,—had it led her wrong, after all? When she no longer enjoyed cooking, she had continued it with unremitting zeal because her husband still enjoyed eating, and she felt it would be unfaithful to be less attentive to him than in former years.

The doctor was "a fanatic, and a very rude one at that." So Mrs. Smith thought, and so she would tell him that evening; but that evening her husband's condition was too serious. For many days and nights his welfare was her only thought. But a faithful physician was ever at her command, and, when his devotion and wise ministrations had at last saved the patient, Mrs. Smith was entirely respectful of his counsel.

It was many years before she learned the real art of cooking, so fixed had become her erroneous habits and so altered were the conditions. She must cater now to a man who could not "eat everything," and she could not be unmindful of the doctor who preached unceasingly, "Simplicity, simplicity, simplicity."



Contributions to this department will be gladly received. Accepted items will be paid for at reasonable rates.

The Significance of Food Combination

By A. P. Reed, M.D.

A FOOD in itself may be perfectly wholesome, and yet, when combined wrongly with other things, be positively harmful. Bread, containing as it does the carbohydrates (sugars and starches) and proteids (albumens), and butter, furnishing a pure form of fat, constitute an admirable combination in the well-known article, bread and butter.

In pork and beans, the famous New England dish, we have another good combination, though not one that may be so universally partaken of with impunity. A combination, however, furnishing good muscle for the laboring man.

The meat breakfast is an American idea, Continental Europe not indulging it. In hot weather, meat breakfasts are a double evil; and meat breakfasts should not be eaten except by those engaged in manual labor.

The mistake in American diet is too much meat rather than too little. Less meat and less rheumatism is a rule.

Too much salt fish and meat and too little vegetable food pave the way for the disease known as scurvy. Defective blood, resulting in anæmia, may be the sequel of a *total* deprivation of animal food.

A mid-day meal of bread and milk in hot weather prepares one much better for resisting heat than does a meat dinner, supplemented with rich desserts. One cools, the other "adds fuel to the fire."

It is hygienic to eat the more acid fruits with meats. Thus do we naturally relish cranberries with turkey. Fruit acids are best; whenever the system craves acid, these are better than vinegar or other artificial acids.

Two things are pretty well agreed upon by the best authorities; namely, that *a mixed diet is best*, and that *more trouble comes from over-eating than from eating many things*, though either fault is bad enough.

Regular eating, and no eating "between meals," is the most sure way to have and preserve an appetite, while, if you come to a certain meal without an appetite, my advice is to omit that meal and wait for the next one.

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Remedial Value of Food

IF people understood more about the medicinal use of food, much suffering and pain would be spared. Indeed, some writers claim that a time will come when medicine will only be given in sudden and acute attacks of illness, and that disease will yet be cured by foods.

Spinach and dandelions are good for kidney trouble. Celery is good for rheumatism, neuralgia, diseases of the nerves, and nervous dyspepsia. Lettuce and cucumbers cool the system, and a leaf of lettuce eaten before retiring will produce sleep. If one wants to perspire freely, to relieve the system of impurities, try asparagus. It is also

an aid to digestion. Tomatoes are excellent for liver trouble, notwithstanding the popular fallacy that they produce cancer.

There is nothing so useful in cases of nervous prostration as the onion. It is almost the best nervine known, and is most useful in coughs, colds, and influenza. Soup made from onions is regarded by the French as an excellent restorative in weakness of the digestive organs. Eaten every other day, they have a most clearing and whitening effect on the complexion.

Beets and turnips are excellent appetizers. For malaria and erysipelas nothing is better than cranberries. Lemons are useful in cases of low fever, rheumatism, feverish thirst, coughs, colds, and liver complaints. Honey is wholesome, strengthening, healing, and useful in affections of the throat.

Eggs contain a large amount of nutriment in a compact, quickly available form. Especially the yolks are useful in jaundice. Beaten up raw, they are used to clear and strengthen the voice. With sugar and lemon juice the beaten white will cure hoarseness. Fresh, ripe fruit is excellent for purifying the blood and toning up the system.

M. G. B.

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The Most Famous Kitchen in America

THE most famous kitchen in America is that of the Whittier homestead at Haverhill, Mass., immortalized as the scene of "Snow-bound." This poem has so endeared to us the gentle family which once gathered in that room that we have learned to look upon them—and with no irreverence—as the holy family of America.

The poet's favorite place in the kitchen was in front of the open fire, where he could watch the flames to his heart's content and weave fancies so dear to his poetical temperament. In front of the fireplace there is now a mammoth, braided rug, similar to the one which was once there. This is, perhaps, the only article in the room that was not there at the time of the poet's boyhood.

Among the many objects of interest are the dishes, the cooking utensils, the old-style, wooden dining table, and the desk upon which the poet's first poems were composed. A. M. D.

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IF kitchen pantry or shelves be visited by ants in summer, keep a bottle of turpentine for weekly use. One cup of turpentine to three of water is the proportion. Wipe around window-sill, edges of floor and shelves, and well into all corners. This practice has been most efficacious in ridding one Maryland house of the tiny red variety.

A very satisfactory way of treating china closet and pantry shelves is to paint them white with two coats of ready-mixed paint, at cost of twelve cents a can. When that is well dried, put on finishing coat of enamel. One pint can costs fifty cents. This gives the shelves a smooth, hard-finished surface that is easy to keep sweet and clean. A damp cloth will rub off any stain or dust. There are no seams or edges for flies or ants to get under. In every way the enamelled shelves are more hygienic than those covered with paper or oil-cloth. I. C. C.

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IN the spring try cold custard sauce, instead of cream and sugar, with plain, hot, boiled rice.

Cold Custard Sauce

Scald, in a double boiler, one pint of rich milk. Beat the yolks of three eggs with one-half a cup of soft, fine-grated, maple sugar until thick and light. Now pour the scalded milk, slowly, onto the yolks, while stirring constantly. Strain into the double boiler,

and cook, stirring all the time until like heavy cream. Remove from the fire, beat for a few minutes, flavor with vanilla, and set away to become cold. This sauce is to be cooked at the scalding, not the boiling, point.

O. A. S.

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TWO or three cloves sprinkled on a hot stove make an excellent and agreeable deodorizer for kitchen fumes.

Lemon juice plentifully applied before laundering will remove ink stains from linen.

A cloth saturated with kerosene or turpentine will remove every particle of dust from painted or polished floors.

When a fruit can will not open easily, invert for a few moments in hot water.

Scour flatirons in coarse salt when they stick in ironing starched clothes.

Olive oil is a good substitute for pork in baked beans, and much more wholesome.

When bread has been in the oven five minutes, turn the pan end for end to insure evenness in rising and, consequently, in the shape of loaves.

If your cake bakes too fast at the top, set a pan of cold water in the oven on the grate above. Do not lay a paper over your cake.

Line your cake tins with thin white paper, and grease but very slightly with unsalted beef fat. Butter scorches easily.

J. E. T.

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New Fancy Cakes

SINCE it has become the fashion to simulate forms in nature, in making confections and fancy cakes, any new thing is in demand. In marzipan confectionery we have all sorts of vegetables and fruits, and very cunning pink-gilled mushrooms are made of sugar; but in a cake dough some one hit upon a new conceit, when the thought suggested itself to roll the thin cake over like the shell of a crab prepared for deviling, and, after baking, to fill it with either a whipped cream, like that used for lady locks, or ice-cream. The edges of the shell are cut ragged like the edge of a crab shell, and a little colored and white icing run on in parallel irregular lines. These cakes sell for $1.50 a dozen.

JULIA DAVIS CHANDLER.

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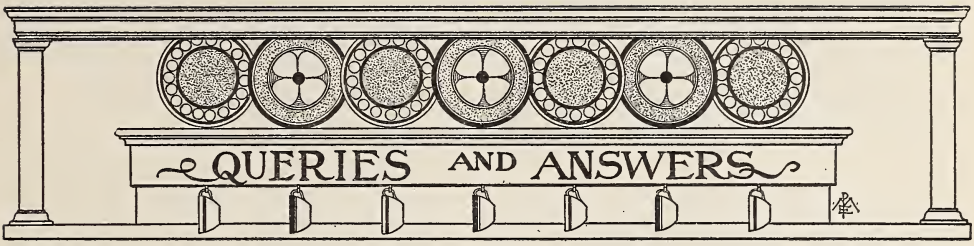
To avoid Taking Cold

THE best way to overcome chilly sensations of the spine and back on the least change of temperature is to put your back up, so to speak,—to contract the muscles of the back. If you are getting chilly about the back of the neck, stiffen the neck and set the muscles to work. When you are sitting still and find yourself getting chilly, set the muscles to work, and you will soon get over it. If you do not start your muscles going, you will soon find them going of their own accord. You will begin to shiver,—an involuntary action of the muscles. If you will set your muscles at work before that shivering comes, you will be able to prevent it. Contract your hands, your legs, the muscles of your back, raise up your chest, stiffen your neck, then turn it vigorously, slowly, from side to side, or bend it backward and forward. This will keep you from taking cold. One never need take cold when sitting still. You can make your muscles work just as hard when sitting down as when walking around, and it may be more convenient.

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May, sweet May, again is come,
May that frees the land from gloom.
Children, children, up and see
All her stores of jollity.
O'er the laughing hedgerow's side
She hath spread her treasures wide;
She is in the greenwood shade
Where the nightingale hath made
Every branch and every tree
Ring with her sweet melody.

Browning.



THIS department is for the benefit and free use of our subscribers. Questions relating to menus and recipes, and those pertaining to culinary science and domestic economics in general, will be cheerfully answered by the editor. Communications for this department must reach us before the first of the month preceding that in which the answers are expected to appear. In letters requesting answer by mail, please enclose postage stamps; for menus, $1. Address queries to Janet M. Hill, Editor *Boston Cooking-School Magazine*, 372 Boylston Street, Boston, Mass.

QUERY 1124.—Mrs. M. N., Jr., Lakes, Ill.: "Receipe for canning lima beans."

Canned Lima Beans

See the directions for canned string beans given on page 484 of this issue of the magazine. Select only very small, young, and green beans. These only can be canned successfully. Older beans may be dried and stored in paper bags with minimum of work and care. Put the beans to be canned into jars, cover and cook, without adding water to the jars, one hour. Then add a teaspoonful of salt to each jar, and fill the jars with boiling water. Let cook three-quarters of an hour. Put on the covers, which have been standing in the steamer meanwhile, and screw them down tightly; and, when cold, tighten them again.

QUERY 1125.—A. H., Poughkeepsie, N.Y.: "Simple menus requiring little preparation."

Simple Menus Requiring Little Preparation

FRIDAY

Breakfast

Sliced Oranges. Grape-nuts.
Broiled Sardines. Radishes.
Dry Toast. Coffee.

Luncheon

Lettuce-and-Lima Bean Salad.
Rye Biscuit (Yeast) Reheated.
Wafers. Cocoa.

Dinner

Canned Salmon Made Hot in Can,
Egg Sauce. Boiled Potatoes.
Pineapple, Sugared Lightly.
Black Coffee.

SATURDAY

Breakfast

Boiled Rice, Cream.
Strawberries.
Eggs Cooked in Shell.
Bacon Broiled in Oven.
Dry Toast. Coffee.

Luncheon

Boston Baked Beans (Canned),
Tomato Catsup.
Baking-powder Biscuit.
Rice Pudding with Raisins.
Tea.

Dinner

Cannelon of Beef.
Mashed Potatoes.
Lettuce, French Dressing.
Browned Crackers. Cheese.

SUNDAY

Breakfast

Stewed Prunes.
Shredded Wheat Biscuit.
Cocoa.

Dinner

Mock Bisque Soup.
Cold Cannelon of Beef.
Baked Potato Cakes.
Lettuce, French Dressing.
Strawberries. Wafers.
Black Coffee.

Supper

Scrambled Eggs.
Dry Toast. Olives.
Stuffed Raisins.

MONDAY

Breakfast

English Muffins Toasted.
Eggs Cooked in Ramekins.
Orange Marmalade.
Tea.

Luncheon

Baking-powder Biscuit.
Strawberries. Cream Cheese.
Cocoa.

Dinner

Veal Cutlets, Floured, Browned, then Simmered. Brown Sauce.
Baked Potatoes. Asparagus as Peas.
Stewed Prunes. Cream.

TUESDAY

Breakfast

Hot Dates. Grape-nuts, Cream.
Baking-powder Biscuit Toasted.
Boiled Ham from Delicatessen Shop.
Cocoa or Cereal Coffee.

Luncheon

Egg Timbales, Cream or Tomato Sauce.
Bread and Butter.
Stewed Figs, Cream.
Tea.

Dinner

Hamburg Steak.
Potatoes Cooked in Milk.
Dandelion Salad.
Chocolate Junket.
Grape-nut Wafers. Coffee.

WEDNESDAY

Breakfast

Eggs Scrambled with Chopped Ham.
White Hashed Potatoes.
Zwieback. Stewed Rhubarb.
Cocoa or Cereal Coffee.

Luncheon

Macaroni Baked with Cheese.
Rye-meal Muffins.
Preserved Stem Ginger, Cream. Tea.

Dinner

Baked Sweetbreads.
Stewed Asparagus. Baked Potatoes.
Cress-and-Egg Salad.
Bread Pudding.
Coffee.

THURSDAY

Breakfast

Gluten Grits, Cream.
Smoked Beef. Hashed Potatoes.
Muffins. Apple Marmalade.
Coffee.

Luncheon

Poached Eggs on Toast with Asparagus.
Browned Crackers. Cheese. Radishes.
Baked Tapioca Custard Pudding.
Tea.

Dinner

Boiled Leg of Lamb, Caper Sauce.
Boiled Potatoes.
Tomatoes Stewed with Bread Crumbs.
Banana Whip.
Coffee.

QUERY 1126.—C. H. P., Glen Ridge, N.Y.: "Several styles of serving finnan haddie hot."

Finnan Haddie, "Boiled"

Select a thick fish. Put flesh side down in a saucepan, cover with cold water, and set to cook on the back of the range. In half to a whole hour draw to a hotter part of the range, and gradually heat the water to the simmering-point. Let simmer from five to ten minutes, then drain the fish carefully. Serve on a hot platter. Pass at the same time hot boiled potatoes and egg sauce.

Finnan Haddie, Delmonico Style

Prepare the fish as above, then separate the flesh into flakes, discarding skin and bones. For each cup of fish prepare a cup of cream sauce; *i.e.*, melt two tablespoonfuls of butter, cook in it two level tablespoonfuls of flour, one-fourth a teaspoonful, each, of salt and pepper, and gradually add one cup of milk. Reheat the fish in the sauce. To serve au gratin, put the fish and sauce into a buttered au gratin dish, in alternate layers, having the last layer of sauce. Cover with cracker crumbs (two-thirds a cup to a fourth a cup of butter) mixed with melted butter, and set into a hot oven to brown the crumbs.

Broiled Finnan Haddie

Prepare as in the first recipe. Wipe dry, brush over with melted butter or olive oil. Then set to cook over coals in a hinged broiler. Cook on both sides,

then turn onto a hot platter, and spread with maître d'hôtel butter.

Maître d'Hôtel Butter

Beat one-fourth a cup of butter to a cream. Add half a teaspoonful of salt, a dash of pepper, half a tablespoonful of fine-chopped parsley, and then gradually beat in three-fourths a tablespoonful of lemon juice.

Finnan Haddie, Buttered or with Cream

Remove the fins from a thick-fleshed finnan haddie, and cut the fish into pieces about three inches square. Put these into a saucepan, and cover with cold water. Let the water heat slowly to the boiling-point. Skim and let stand on the back of the range, where the water will keep hot, yet not boil. In about fifteen minutes drain and dispose on a hot dish; spread liberally with butter or pour over a cup of hot cream.

Finnan Haddie Cooked in Milk

Prepare as above. Then, after draining thoroughly, set into an au gratin dish. Pour over about a pint of milk or cream sauce, and let stand in the oven ten or fifteen minutes, basting three times with the milk or sauce.

Finnan Haddie Soufflè

Prepare the fish as in the first recipe. Then, after the fish is thoroughly drained, pick the flesh very fine with a silver fork. For a pint of fish cook two level tablespoonfuls of flour in two level tablespoonfuls of melted butter, with half a teaspoooonful of salt and a dash of paprika. Then add one pint of milk, veal or fish broth or water, and stir until the sauce boils. Then add half a cup of fine crumbs from the centre of a stale loaf of bread, a teaspoonful of fine-chopped parsley, a little onion juice or chopped chives, the prepared fish, and the well-beaten yolks of three eggs; when all are evenly mixed together, fold in the whites of three eggs, beaten dry, and turn into a buttered dish. Bake about twenty-five minutes. Serve from the baking-dish, and with cream or drawn butter sauce.

QUERY 1127.—Miss H. B. P., Bradford, Mass.: "Maple parfait made by the recipe given in the March number of the magazine did not freeze. What was probably the trouble?"

Freezing Maple Parfait

An over-sweet preparation will not freeze. Maple sugar varies greatly in density, and a cup of very heavy syrup, diluted with but two yolks of eggs and a pint of cream—the proportions given in the recipe—might be too sweet to freeze properly. The syrup used in the parfait shown in the illustration was thin. In preparing the parfait again, use less syrup. When packing to freeze, use equal measures of salt and crushed ice.

QUERY 1128.—J. H. M., Buffalo, N.Y.: "We are a family of four, and rather small eaters. Can you tell me of one or two small, inexpensive pieces of meat to buy that will provide a roast for one meal, a soup, and possibly a breakfast or luncheon dish?"

Small, Inexpensive Cuts of Meat

Buy five or six pounds of the knuckle of veal. (This will cost about fifteen cents a pound.) Cut off the shank end, wash carefully, and cut the flesh (of which there will be less than a pound) into small pieces. Cover the whole with cold water, and let simmer for soup, adding the last hour half an onion, a carrot, and sweet herbs, or a soup bag. Roast the best part of the veal, basting it with salt pork or bacon fat. *Let it cook very slowly* about three hours, when it should be very tender. Use the remnants for a soufflé, croquettes, hash, or creamed veal. The roast will contain the knuckle bone, which should be used either alone or with the flank ends of chops or steaks for a second dish of soup. These soups will be good

unthickened, either with or without cream, or they may be thickened with tapioca, cornstarch, flour, or egg yolks. A steamed, then browned, breast of lamb or veal will also provide the three dishes designated.

QUERY 1129.—A. R.-C., Havana, Cuba: "Recipe for asparagus, vinaigrette sauce."

Asparagus, Vinaigrette Sauce

Scrape the scales and coarse skin from the lower ends of the stalks of asparagus, and let boil in salted water until tender. Remove at once, rinse in cold water, then drain on a cloth, and let become very cold. Send to table on a folded napkin with the sauce in a bowl, or dispose the chilled stalks on lettuce hearts, and pour over the sauce. For the sauce take one-fourth a teaspoonful, each, of salt and pepper, one tablespoonful of vinegar, and half a cup of olive oil. Beat thoroughly with a small egg-beater or whisk, then beat in about two tablespoonfuls of fine-chopped shallot and parsley.

QUERY 1130.—Miss K. M. E., Clifton: "How are Virginia reels made and baked, and where are the forms on which they are shaped baked?"

Virginia Reels

We do not know the articles referred to under the name given above.

QUERY 1131.—Subscriber, Milwaukee, Wis.: "Recipe for boiled tongue with a sauce containing raisins."

Boiled Tongue à la Romaine

Let a corned beef tongue stand overnight covered with cold water. Drain, cover with fresh water, and let heat to the boiling-point. After boiling five minutes, let simmer about three hours or until tender. Drain, pull off the skin, and cut in halves lengthwise. Dispose the two halves upon a large dish to take the shape of a heart. Pour over them Romaine sauce, and serve at once.

Romaine Sauce

Let two ounces, each, of dried currants and sultana raisins, carefully cleaned and covered with water, simmer half an hour on the back of the range. Then drain, and add four ounces of pignolis (Italian pine seeds). Cook one-fourth a cup of granulated sugar to caramel. Add one-fourth a cup of white wine vinegar and a pint of thick Spanish sauce, and stir until boiling. Then add to the pignolis and fruit.

Spanish Sauce

Brown one-fourth a cup of butter. Cook in it one-fourth a cup of flour, then add one cup and a half of rich brown stock, half a cup of tomato purée, and two tablespoonfuls of sherry wine. In making the brown stock, use beef, veal, ham, onions, carrots, parsley, peppercorns, etc.

QUERY 1132.—Subscriber, Brookline, Mass.: "Recipes for cooking whitebait, terrapin, and braised fowl. Are mushrooms under glass bells cooked in the oven? Recipes for shad roe, soufflé and Newburg style. Is the fish given in the recipe for halibut cutlets, February, 1904, raw? Am having trouble with my popovers. They do not rise."

Whitebait

Wash these little fish very thoroughly. Dry a few at a time between the folds of a towel. Roll in flour, toss on a sieve, to remove superfluous flour, and fry at once in deep fat. Use a basket, having a single layer of fish on the bottom. Fry no longer than sixty seconds to a delicate amber color, turn onto soft paper to drain, sprinkle with salt, and keep hot in the oven until all are fried. Serve the fish between the folds of a hot napkin. Pass at the same time quarters of lemon or sauce tartare.

Terrapin, Philadelphia Style

Immerse the terrapin, one by one, in boiling water. Let them remain in the



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water only long enough to loosen, and remove the outer skin on rubbing with a cloth. When all are cleaned, put them in a saucepan with a teaspoonful of salt to a quart of boiling water. Let simmer about three-fourths an hour, then cool in the water. When cold, remove the bottom shell, and separate the flesh at the joints, and cut it into pieces. Remove the gall from the liver, and the skin from the eggs. Cut the liver in slices. Cover the flesh, eggs, and liver with the liquid in which it was cooked and sherry wine, half and half. Set the dish over boiling water, and, when very hot, stir in (to each quart) half a cup of butter, beaten to a cream, and mixed with the sifted yolks of six hard-cooked eggs, a teaspoonful of salt (less may be needed), and a dash of black pepper. Beat in the butter a little at a time. Cream is sometimes substituted for a part of the terrapin broth.

Terrapin, New York Style

Use with the wine equal measures of the liquid in which the terrapin was cooked and rich brown sauce. Then finish with the butter and egg yolks.

Terrapin, Baltimore Style

Cook two ounces of butter until nut-brown in color. Add the terrapin. Mix thoroughly, then add the terrapin broth and Madeira. Thicken with arrowroot or cornstarch diluted with wine. Season with salt and pepper, and finish with two ounces of butter (for a quart of terrapin).

Braised Fowl

The length of time fowls should be cooked depends upon the age. Fowl one year old require from two to three hours in cooking. Draw, singe, and truss the fowl as for roasting. Sauté on all sides in a frying-pan containing about two tablespoonfuls, each, of olive oil and butter, or butter and bacon or salt pork fat. Add half a cup of

A Busy Woman

Can do the Work of 3 or 4, if Well Fed

An energetic young woman, living just outside of New York, writes:—

"I am at present doing all the housework of a dairy farm, caring for two children, a vegetable and flower garden, a large number of fowls, besides managing an extensive exchange business through the mails and pursuing my regular avocation as a writer for several newspapers and magazines (designing fancy work for the latter), and all the energy and ability to do this I owe to Grape-nuts food.

"It was not always so; and a year ago, when the shock of my nursing baby's death utterly prostrated me and deranged my stomach and nerves so that I could not assimilate as much as a mouthful of solid food, and was in even worse condition mentally, he would have been a rash prophet who would have predicted that it ever would be so.

"Prior to this great grief I had suffered for years with impaired digestion, insomnia, agonizing cramps in the stomach, pain in the side, constipation, and other bowel derangements. All these were familiar to my daily life. Medicines gave me no relief. Nothing did, until a few months ago, at a friend's suggestion, I began to use Grape-nuts food, and subsequently gave up coffee entirely and adopted Postum Food Coffee at all my meals.

"To-day I am free from all the troubles I have enumerated. My digestion is simply perfect, I assimilate my food without the least distress, enjoy sweet, restful sleep, and have a buoyant feeling of pleasure in my varied duties. In fact, I am a new woman, entirely made over; and, I repeat, I owe it all to Grape-nuts and Postum Coffee." Name given by Postum Company, Battle Creek, Mich.

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sherry wine,—this may be omitted,—a pint of broth (chicken, veal, or beef), a sliced carrot and onion, two or three sprigs of parsley, and sweet herbs at discretion. Heat to the boiling-point, then cover, and set into the oven. When cooked, strain the liquid, remove the fat, and thicken with flour and butter cooked together. A little tomato purée may be added to the sauce if desired. The sauce may be poured over the fowl or be served apart.

Mushrooms under Glass Bells

Mushrooms under glass bells are cooked in the oven. The peeled mushroom caps are usually sautéd in a little butter, disposed on a round of toast cut to fit the dish, and seasoned with salt and pepper. Then bits of butter are added, and the glass bell is set in place. The mushrooms are then baked about twenty minutes. Hot cream instead of bits of butter is often poured over the caps and toast before the bell is set in place.

Shad Roe Soufflè

Follow the recipe given under Query 1126 for finnan haddie soufflé, substituting the cold, cooked roe, broken in very small pieces, for the fish indicated in the recipe.

Shad Roe, Newburg Style

Put a cup of cream into the chafing-dish or saucepan, and, when scalded, put in one pint of cold, cooked shad roe, cut in slices. When again hot, stir in the beaten yolks of two or three eggs. Stir constantly until thickened, then add half a teaspoonful of salt, a dash of pepper, and two tablespoonfuls of Madeira wine. The cooking must be done over hot water.

Halibut Cutlets, February, 1904

The recipe for halibut cutlets is for raw fish. Cooked fish could not be used satisfactorily in this recipe.

Popovers

Discard your recipe for popovers, and try the one given on page 146 of

---

Hard to Drop

But Many drop It

A young California wife talks about coffee—:

"It was hard to drop Mocha and Java and give Postum Food Coffee a trial, but my nerves were so shattered that I was a nervous wreck, and of course that means all kinds of ails.

"At first I thought bicycle riding caused it, and I gave it up; but my condition remained unchanged. I did not want to acknowledge coffee caused the trouble, for I was very fond of it. At that time a friend came to live with us, and I noticed that after he had been with us a week he would not drink his coffee any more. I asked him the reason. He replied: 'I have not had a headache since I left off drinking coffee, some months ago, till last week, when I began again, here at your table. I don't see how any one can like coffee, anyway, after drinking Postum!'

"I said nothing, but at once ordered a package of Postum. That was five months ago, and we have drunk no other coffee since, except on two occasions when we had company, and the result each time was that my husband could not sleep, but lay awake and tossed and talked half the night. We were convinced that coffee caused his suffering, so he returned to Postum Food Coffee, convinced that the old kind was an enemy instead of a friend, and he is troubled no more by insomnia.

"I myself have gained eight pounds in weight, and my nerves have ceased to quiver. It seems so easy now to quit the old coffee that caused our aches and ails and take up Postum." Name given by Postum Company, Battle Creek, Mich. There's a reason.

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the October, 1905, magazine. Divide the recipe, if you wish to make a smaller quantity. The recipe makes one dozen popovers.

QUERY 1133.—Mrs. G., Denver, Col.: "What kind of lady-lock moulds are the best to buy? How purify and prepare kitchen grease for soap-making? Recipes for tripe salad and canned corn fritters to be dropped by spoonful into deep fat."

Best Kind of Lady-lock Moulds

The only kind of lady-lock moulds we have chanced to see were made of wood. Without doubt, moulds made of tin, which could be heated through quickly, would be preferable.

Purification, etc., of Kitchen Grease

If the "grease" be in the form of mutton or beef suet, fat ham, etc., it should be cut in small pieces, and put over the fire to cook very slowly. Half a cup of water may be added for each pint or pound of fat. Let cook until the fat is extracted and the bits of grease quite brown. Pour off the fat, pressing the pieces until quite dry. If the fat has been used for frying and contains carbonized sediment, remove the sediment from the bottom of the cake of cold fat. If the fat is not now clean enough, melt and strain it through several folds of cloth laid over a colander.

Tripe Salad

Cut a pound of prepared tripe into julienne-shaped pieces, one-fourth an inch wide and an inch and a half long. Cover them with highly seasoned stock or with broth and spring vegetables, and let cook in a moderate oven about two hours. Remove the tripe, and set aside, covered closely, to become cold. Add one-fourth the measure of prepared vegetables, shredded tomatoes, green peppers, and Bermuda onions, and dress the whole with French dressing, or the tripe may first be marinated with French dressing, and at serving time be drained, mixed with the vegetables, and more French dressing. Cucumbers may be used in place of the tomatoes.

Tripe Salad No. 2.

Marinate the tripe prepared as above with French dressing made with onion juice, drain, and turn onto heart leaves of lettuce. Serve with sauce tartare or mayonnaise dressing colored with fine-chopped gherkins, olives, capers, garlic, and parsley.

Canned Corn Fritters

Sift together one cup and a half of flour, two level teaspoonfuls of baking-powder, half a teaspoonful of salt, and one-fourth a teaspoonful of pepper. Beat two eggs. Add one pint of canned corn, and stir in the flour mixture. Drop by the spoonful into deep fat, and let cook to a golden brown color.

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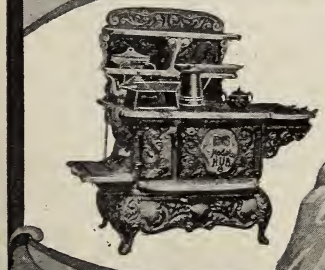
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Food and Fare in Holland

By Lucy H. Yates

[In the *Epicure*]

IT was the writer's good fortune to arrive in Rotterdam in the very early morning, ere the markets were fully set out, so that it was possible to watch the way by which the food materials came there, as well as to take note of the manner of their distribution. It was a glorious morning, too, sharp and crisp, brilliant sunshine above, glistening damp of dew on the ground. It encouraged the buyers and sellers to be brisk about their business if they had not intended to show speed, but Dutch thrift includes thrift of time as well as of money, and the markets seemed no sooner filled than they were emptied, the retailers' carts being responsible for their depletion. I watched the unloading of the canal boats, and how their loads were taken to the place of sale, and then I watched again while the short, swift bargain was made, and noted how rapidly the dealer built up his purchase on cart or barrow, so that the best side of everything should be displayed, and then saw him run off with it down the side streets and into byways.

What a glory of color the markets made,—vegetables, fruit, flowers! Even the shining fish made a picture. For size and quality the vegetables could nowhere be surpassed; but, in addition to size, there was the scrupulous cleanliness of everything. Bright scarlet carrots and snowy turnips, all ready for the pot if you would; *escarole*, huge in size, bleached to a creamy whiteness near the heart; celery scrubbed from every vestige of earthy matter; cauliflowers, like bursting blossom; cabbages all yellow-green hearts without any outer leaves to spoil them. No Dutchman thinks of sending his produce to market until it is ready for the kitchen; and what an amount of labor he saves the housewife, let alone how much better weight she is given for her money! Many vegetables I noted that were either quite new to me or but little known. It was the same with regard to the fruit, and, moreover, it seemed to me to be remarkably cheap.

With food of such quality, cheap and plentiful, it is no wonder that the Dutch are a sturdy, well-set race. I wondered how much of the anæmia and lack of energy seen in our own city dwellers is due to the poor quality of the food commonly eaten,—the waxen bread, coarse meat, inferior vegetables? Probably a great deal, for they are not over-

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careful as to quality, so that the price be low. Not so the Dutch *vrouw*, who bargains and weighs, and indeed seems hard to please.

The cleanliness of the Dutch is really aggressive. It hits you in the eye at every turn, and, if you are a laggard stroller while the early sweeping and scrubbing is in process, you are liable to be hit by elbows and broom-handles as well. But, when it is all done, how pleasant and fresh everything looks! for more than mere cleanliness is aimed at. There is one word that expresses the Dutch character perfectly. It is their word *netjes* (net-yes), neat.

In the early morning the city is almost amusingly active. Milk is delivered at the doors from carts drawn by strong, heavy dogs, who know as well as their master does where and when to stop the cart. Sometimes the milk is in barrels coopered with shining brass bands, or it is in large copper or brass vessels, something like a huge flagon in shape, and it is measured out in ladles. Milk-houses, somewhat different from our dairies, are numerous in the towns, and are excellent places for providing light refreshments, the milk being rich and sweet, the bread most appetizing, and the cheese or butter that is given with it is, needless to say, the best of its kind. Bread is delivered at the street door from carts of light polished wood, something like a covered cradle in shape. The man who wheels this carries a rush basket on his arm, which he fills and takes for the housewife, from which she makes her choice. Very brown is the bread, a crusty loaf being evidently in demand; but the flour is surely not sifted to the whiteness that English custom requires, even when it is wheaten flour, and there seems to be a fondness for rye-meal or some special kind of whole meal. Anyway, the rolls that are given me at the *melkhuis* are most delicious.

After seeing the markets, I found my chief interest in watching the bargaining and buying done at the street doors



A Lesson in Preserving

A great advance has been made in the art of home preserving since the introduction of the wide mouth jar. It is an improvement in line with the general betterment of the glass jar which came through the manufacture of the most perfect glass jars on the market—the **ATLAS Mason** jars.

Mason jars are not all alike. The word Mason once stood for all that was good in a jar. That was seventeen years ago, before the Mason patent ran out. But to-day any manufacturer may make Mason jars and the result is that the name now has no significance as far as quality is concerned.

There is but one way to be sure of the best jar and that is to see that it bears the name

ATLAS

The **ATLAS Mason** jars were the first perfect jars made, not alone for the reason that they are made from a superior quality of glass, but because of the special process of manufacture which insures uniform thickness—which means uniform strength.

This wide mouth jar, which is known as the **ATLAS Special**, gives you the advantage of preserving large fruits and vegetables whole, which is the only method of perfect preservation. The wide mouth also permits of the fruit being taken from the jar uncrushed and unbroken, as well as offering obvious advantages over the old style jar in the matter of cleansing. The wide mouth jar is to be had only in the **ATLAS** brand.

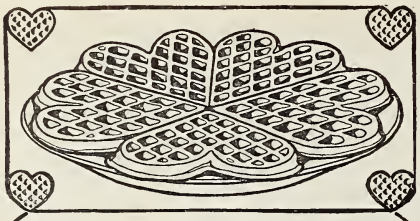
The dangerous weak point in common glass jars is in the top of the jar—the part that screws into the cap. Jars cheaply made of a poor quality of glass are invariably weak at this point and are dangerous to use. The top frequently breaks off when pressure is applied in screwing on cap and results in a severely cut hand, or worse still, particles of the brittle glass chip off and falling into the jar make the contents extremely dangerous to health.

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Booklet, "Frozen Sweets," by Mrs. Rorer, **FREE.**

North Bros. Mfg. Co., Philadelphia

by buxom housewives and their maids. If the maid were engaged with the pail and squirt, washing the front of the house as well as its windows, she paused to put in a word or to give an opinion or pass a joke with the vendors. A peculiarity of Dutch buying would seem to be the purchase of a meal for so many persons instead of a pound or so of this or that. "Soup vegetables for five," the housewife will say; and the vendor spreads out a selection of what she deems a *maaltje*, or meal, and then begins the haggling, opinions being freely expressed.

The butchers' shops are scrupulously clean, but seem not over-filled, resembling in this respect the French. Meat is not nearly so important an article of diet as with us, and small pieces, neatly tied and trimmed, are most in evidence. Veal and beef are more plentiful than mutton, and of better quality.

The quality of the fare, rather than the manner of its setting forth, is a characteristic of the Dutch table; but the cooking is invariably most carefully done. Elegancies of the table are put secondary, but contrivances for keeping dishes hot are many. The crown of the dinner is not the joint, but the vegetables, cooked according to the national idea, with plenty of butter. *Beurre fondu* accompanies anything that is boiled, if it has not already been stewed in butter as a final touch. Pastry and cakes have their place, but they are of a substantial sort. Sweetmeats and bonbons in fancy dishes garnish the board when guests are present, and these will carry them away as souvenirs and for their children at home. Most of the chief towns have a make of sweetmeat or cake that is considered its specialty, though obtainable everywhere else. St. Nicolaas, the children's patron saint, who visits Holland on the night of the 5th of December, is the great god of cakes, but he has one that is all his own. It is a spiced cake, baked in all manner of shapes and designs, iced and decorated with pipings and candied

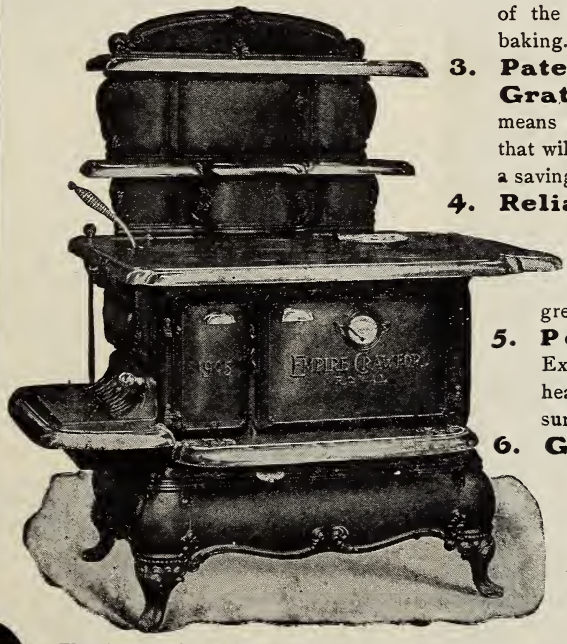
Mrs. Knight,

Principal of the Worcester Cooking School, says:

"The amount of cooking it [the Crawford] is capable of turning out in a short time, and the small amount of coal used, surprise me."

Crawford Cooking-Ranges

1. **Single Damper.** This is *patented.* It is worth the price of the range. It makes baking quicker, better, surer. It saves fuel.
2. **Cup-joint Oven Flues.** They don't leak. They utilize *all* of the heat. They insure better baking.
3. **Patented Dock-ash Grate.** This is *patented.* It means a better, steadier fire,—one that will keep over night. It means a saving in fuel.
4. **Reliable Oven Indicator.** Readable. Entirely outside of the oven, consequently not affected by grease, smoke, or dust.
5. **Perfected Oven.** Extra large, with asbestos-lined, heat-saving back; the quickest, surest oven ever constructed.
6. **Gas Shelf.** Can be attached in place of the usual end shelf, and capable of doing any work that can be done on an ordinary gas stove.



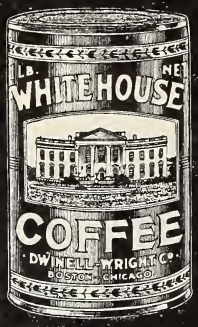
The Range above shown is one of our new style plain ranges. Handsome in design and easy to keep clean and bright.

WALKER & PRATT MFG. CO., 31-35 Union Street, BOSTON

FINEST STOVE FOUNDRY IN THE WORLD.

WHITE HOUSE COFFEE

IF you care for *fragrance and flavor;* if you care for *strength and purity;* if you care to feel *perfectly sure* that the Coffee you serve on your table is of the *very highest quality*, packed under the most perfect sanitary conditions, and delivered to you intact, the same as packed in our factory, order of your Grocer our *WHITE HOUSE* brand of Coffee. *Reliable* and *dependable*, known and sold in every section of the country. No trouble to get it.



If your grocer does not happen to keep it, write us. He will get it for the asking. White House Coffee is sold *only* in *1, 2 and 3 lb. labeled cans.* The *unbroken label seals the package.* See that it has *not been tampered with.*

DWINELL-WRIGHT COMPANY,
Principal Coffee Roasters,
Boston—Chicago.

WHITE HOUSE COFFEE

fruits. It is, indeed, a beautiful cake, more beautiful to look at, I believe, than to eat.

Afternoon tea-drinking is rapidly coming into vogue in Holland, replacing the small glass of wine that was the customary refreshment indulged in by afternoon callers. Gentlemen cling to their special blend of gin and bitters, which they take at the café or *Societeit* in the hour before dinner, and the artisan who walks out with his wife or sweetheart in the evening finds refreshment suited to them both in the same highly respectable rendezvous. Where coffee merchants live and trade, you naturally expect to meet with the beverage at its best, and you are not disappointed. Coffee drinking goes on at all hours of the day, at the pastry-cooks, the milk-houses, the cafés,—indeed, everywhere. At street corners you inhale the fragrance of fresh roastings and grindings, for many little dealers have shops for retailing the best Brazilian and Java by the pound, with chicory in yellow packets.

There is a homeliness about Dutch family life that is absent from the French or Belgian *menage*. They cultivate simple joys. They entertain more at home. While they prepare a dinner with the most painstaking care, they do not dress for it nor require their guests to be ceremonious. Perhaps the impression that one carries away from a Dutch household is, next to the passion for cleanliness, that of the extreme, almost childlike naturalness of the people.

Plunge the bread knife into hot water before attempting to cut warm bread or cake.

"You have spurned me," he cried bitterly. "I will go into the busy world. I will fight and win. My name shall be known and my riches envied." "Then, when you have done that," she interrupted, "try me again." *Sacred Heart Review.*

Nicelle Olive Oil



Made and bottled in Nice, France. The purest type of

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producible, for the tables of those who discriminate.

AT ALL DEALERS'.

SEVILLE PACKING CO.,
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Send for illustrated Recipe Booklet, free.





UNDERWOOD'S
ORIGINAL
DEVILED HAM

In **camp, picnic,** or **home,** it will be found not only pure, but delicious and satisfying. Made only of pure spices and sugar-cured ham. There is but *one* deviled ham — Underwood's Red Devil Brand. All others are imitations, but imitations in name only, no more like Underwood's than chalk is like cheese. *Send for book of 43 prize receipts.*

WM. UNDERWOOD CO., BOSTON, MASS.

A Club of Home-makers

Toledo, Ohio, has an association known as the "Ideal Home-makers' Club," organized last fall by Mrs. Edward Wisner. Its membership, which numbers over seventy, includes only young women who are engaged in household employment, and its object is mutual improvement along intellectual and social lines. The club has four sections,—literary, domestic, musical, and conversational. Mrs. Wisner has formed this association as a result of her own study of household employment and the needs of the working-women. The club does not attempt to regulate hours or wages, but it does stand for better relations between employer and employee, and for the belief that housework is a desirable occupation, requiring as much ability as the work of the clerk and the factory girl.

The Household Problem in Belgium

Housekeepers in Brussels report that it is becoming extremely difficult to get trained houseworkers at reasonable wages. The "trade housekeeping schools" furnish courses in housekeeping, in order to give the girls who are learning a trade an added interest in home life; and in the housekeeping schools for elementary pupils simple instruction is given in cooking, sewing, and laundering. But there are no domestic training schools in Brussels that fit pupils for household work as a profession.

A cook has been going round a station in the south of India with the following "character," and is somewhat surprised he is not engaged: "Abdul has been my cook for three months: it seems much longer. He leaves on account of ill-health,—my ill-health."—*New York Tribune.*

JELL-O Ice Cream POWDER



SPRINGING A SURPRISE

Ice Cream for

1 CENT A PLATE

With one quart milk and a package of

Jell-O Ice Cream Powder

any one can make and freeze two quarts of the most delicious Ice Cream in ten minutes at a cost of one cent a plate. No heating or cooking. No eggs, sugar, or flavoring to add. Everything contained in the package and approved by Pure Food Commissioners.

Five kinds: Chocolate, Vanilla, Strawberry, Lemon, and Unflavored.

Two packages for 25c. If your grocer does not keep it, send us his name and 25c. for two packages by mail.

Illustrated Recipe Book Free.

THE GENESEE PURE FOOD CO., Le Roy, N.Y.

P.S. Delicious Cream Pudding can also be made from it. One package sufficient for family of ten.



The prevailing taste is for the more elaborate designs in spoons, forks, knives, etc. The illustration shows four exquisite patterns of the famous

"1847 ROGERS BROS."

ware—the silver plate that ever since **ROGERS BROS.** discovered the electro-plating process, sixty years ago, has kept the lead in quality and beauty. Sold by leading dealers. Send for catalogue "S-8"

MERIDEN BRITANNIA CO., Meriden, Conn.
(International Silver Co., Successor)

Ice-cream always in Season Spring Summer Fall or Winter Always Relished by Rich or Poor Junket Tablets Make the Best at Every Door

We mail postpaid ten tablets to make ten quarts for 10 cents, and give you the charming brochure, "Junket Dainties," free.

Chr. Hansen's Laboratory,
Box 2507. Little Falls, N.Y.

Pleasantries as Served by the "Christian Register"

Heard in a Manila Hospital.—Patient (to pretty nurse): "Will you be my wife when I recover?" Pretty nurse: "Certainly." Patient: "Then you love me?" Pretty nurse: "Oh, no, that's merely a part of the treatment. I must keep my patients cheerful. I promised this morning to run away with a married man who had lost both his legs."—*Manila American.*

A leading American politician recently took his little son to Washington, where they paid a visit to the Senate gallery. Dr. Edward Everett Hale specially interested the boy, and his father explained that Dr. Hale was the chaplain of the Senate. "Oh, he prays for the Senate, doesn't he?" asked the lad. "No," said the politician, "he gets up and takes a look at the Senate, and then prays for the country."—*Christian Life.*

A certain Philadelphia lawyer was one evening at a friend's house when a rather pompous member of the bar of the Quaker city was seeking to convey to the company the impression that his income from the practice of his profession was exceedingly large. "Gentlemen," the pompous lawyer was saying, "I *have* to earn a good deal. It may sound rather incredible, but my personal expenses are over fifteen thousand dollars a year. It costs me that to live!" "That's too much," interjected the lawyer first mentioned. "I wouldn't pay it—it isn't worth it!"—*Woman's Home Companion.*

These trade-mark crisscross lines on every package.

GLUTEN FLOUR For DYSPEPSIA.
SPECIAL DIABETIC FLOUR.
K. C. WHOLE WHEAT FLOUR.
Unlike all other goods. Ask Grocers.
For book or sample, write
Farwell & Rhines, Watertown, N. Y., U.S.A.

"Glass is the ideal form of package."—H. W. WILEY, U. S. Chief Chemist.

A Dinner in Reserve

That's what it means to have the pantry well stocked with the Beech-Nut products—Sliced Bacon, Sliced Beef and Conserves. With these and the Beech-Nut Booklet of selected recipes a short-notice dinner of real excellence can be prepared. Beech-Nut meats and preserves are prepared and put up in such manner as to give a new zest to the appetite. The Beech-Nut trade-mark is a guarantee of purity and cleanliness. A Beech-Nut dinner, thought out in advance or prepared on the spur of the moment, is one that needs no apology from the housewife.

Beech-Nut Packing Company
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Beech-Nut Sliced Bacon, Sliced Beef and Conserves can be had of any good grocer, butcher or provision man. Beech-Nut Booklet of selected recipes, by Mrs. Janet McKenzie Hill, free to readers of

—Boston Cooking-School Magazine.



I Like Coffee



but

I can't drink it because it makes me dizzy & bilious & affects my nerves, so

I DRINK

THE BEST SUBSTITUTE

OLD GRIST MILL WHEAT COFFEE

IT TASTES GOOD AND IS VERY HEALTHFUL



Welch's Grape Juice

is delightful, however served—as a drink, a punch or made up into any one of a dozen dainty desserts. It is nothing but the juice of the choicest Concord grapes put up in such a way that all the freshness and flavor of the growing fruit is retained.

If your dealer doesn't keep Welch's, send $3.00 for trial dozen pints, express prepaid east of Omaha. Booklet of 40 delicious ways of using Welch's Grape Juice, free. Sample 3-ounce bottle, ten cents.

Welch Grape Juice Company, Westfield, N. Y.

Quilted Mattress Pads

¶ Money spent wisely means comfort and pleasure to the spender. You go to bed to rest. Quilted Mattress Pads will make your bed comfortable as well as keep yours and baby's bed in a perfect sanitary condition.

¶ The cost is small, and when washed they are as good as new.

¶ Ask your dry goods dealer.

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Illustrating Printing & Binding of Books Magazines, Catalogs, and Pamphlets, Law and Railroad Work Posters, Office Stationery, etc

Half-tone Work a Specialty

She was an economical, industrious, and ambitious young wife, and tried to persuade her husband to give up smoking. She pointed out, in exact figures, how much he spent on tobacco. "And you would be better off," she said, "mentally and physically, as well as financially, without your pipe." "But all great men have smoked," he urged. "Well," she said, "just promise me that you'll give up smoking till you're great. I'll be quite satisfied."—*New York Tribune.*

Mark Twain, introducing Senator Hawley of Connecticut to a political gathering in New York State, told the audience that they could bank on the senator's honesty; for, although he had closely watched the general as he passed the plate in the Asylum Hill Congregational Church, he had never seen him take one cent out. In closing, he said, "Now, my friends, I have paid high tribute to Gen. Hawley; but, I assure you, not one word have I said of him that I would not say about myself."

Maw's callin' from the milk-house,
Callin' stern,
"Jim, yer lazy good-fer-nuthin',
Come and churn."

Paw's callin' from the corn-patch,
Callin' loud,
"James, yer hulkin', stupid loafer,
Time yer ploughed."

Nature's callin' from the trout-brook,
Callin' whish,
"Son, yer poor, tired, lazy feller,
Come and fish."

Stranger, if we just swapped places,
Put it clear,
Which of all the three a-callin'
Would you hear?

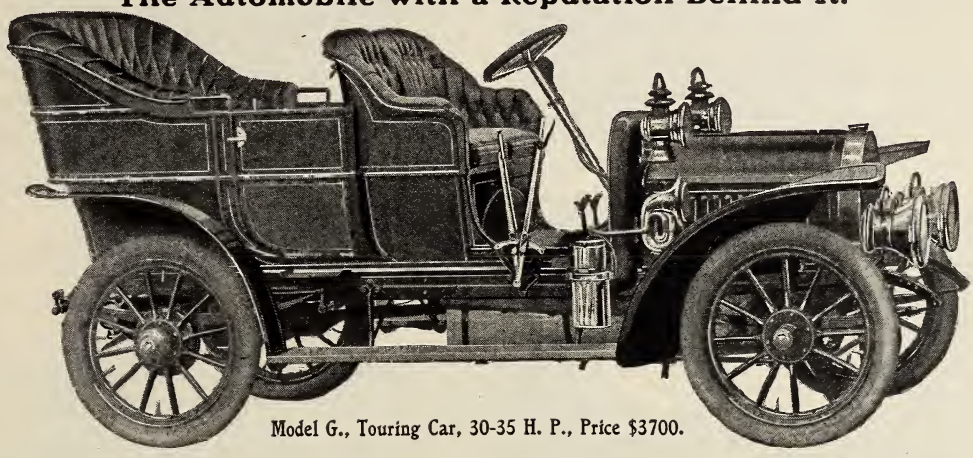
New York Sun.



DAINTY HOUSEKEEPERS PREFER
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Model G., Touring Car, 30-35 H. P., Price $3700.

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Three Gasoline Models		Six Electric Models	
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Portland, Ore. - - - 330-336 E. Morrison St.
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Philadelphia, Pa., Titman, Leeds & Co., 1227 Market St.
Pittsburg, Pa., Banker Bros. Co., Baum and Beatty Sts.
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Our new designs in lace paper doilies are prettier than any we have ever offered.

Send us 25 cents and receive by mail, postpaid, this package of beautiful doilies.

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We make a specialty of goods used and recommended by Cooking Schools. If you want novelties for cooking consult our catalogues.

Moulds, Vegetable Cutters,

in all sorts of sizes and shapes, and all kinds of utensils to use for plain or fancy cooking.

An immense variety of imported and domestic novelties.

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Catalogue, 3,000 illustrations, by mail, 20 cents.

Natural Flavor

In the last two issues, Baker's Extracts have been presented for the first time in the advertising columns of this magazine. Like all the articles represented in these pages, these are genuine goods. In purity and quality and standard excellence the extracts are strictly high-class products. The next time you buy vanilla, try Baker's, and you will be satisfied. Nothing better can be desired.

Inexcusable Ignorance

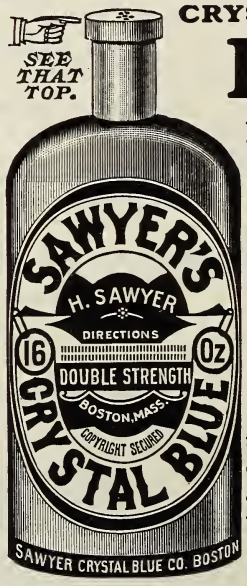
"Doctor," said the oldest inhabitant, "I have severe pains in my right knee and foot. What is that a sign of?"

"I should think a man as old as you profess to be," rejoined the M.D., "ought to know that it is a sure sign of rain."—*Chicago News.*

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For the Laundry

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It goes twice as far as other Blues

Be Sure You Get From Your Dealer **Sawyer's**

It is YOUR strength, YOUR time, YOUR nerves *The* **STANDARD ROTARY** is made to save.



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The world's best sewing machine.

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Will hold six or eight persons sitting or two lying down

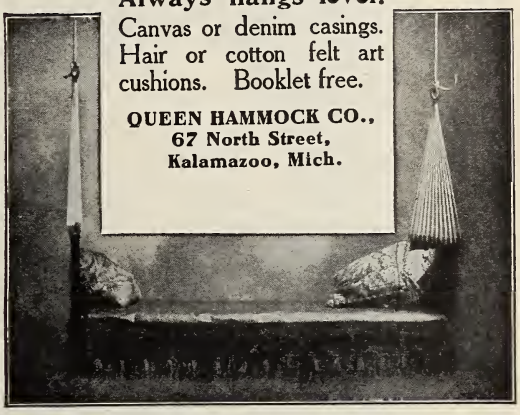


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we teach you how to duplicate the finest candies made. Just what you have always wanted, as we teach you exactly how to make fancy hand-dipped bonbons with fruit and nut centres, all kinds of chocolate creams, including our famous "Oriental," which has a centre like whipped cream; also all plain candies and the *finest fudges made*, not like ordinary home-made fudge. We simplify every recipe and *guarantee success* by giving instructions by mail free when necessary. *With each outfit we give a thermometer*, dipping-wire, and four bonbon moulds. COMPLETE OUTFIT SENT PREPAID ANYWHERE AT OUR RISK UPON RECEIPT OF PRICE, **$2.**

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HOME CANDY MAKING

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Dissolve one-fourth of a six-ounce cake (small size) of Ivory Soap in boiling water; add to a pail of warm water, in which put two tablespoons of kerosene. Stir thoroughly. Wash furniture with a soft cloth, wiping it dry with another clean, soft cloth.

The special advantage of this method of brightening furniture is, that the varnished surface is not in any way injured, while the beauty of the wood is enhanced. Furniture which receives attention as here suggested at intervals of, say, a month, will retain its beauty indefinitely.

Ivory Soap—99 44/100 Per Cent. Pure.

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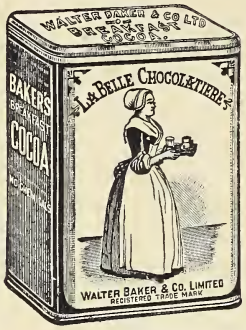
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